



“In personal practice, it’s never about the methods and the techniques (e.g. the postures), it’s always about the practitioner.” – Gary Kraftsow

Tips for Building a Home Practice

1. If you can, create a dedicated space for practicing and let it remain there. It can be a gentle welcoming reminder to practice. Don’t walk over it or into the space except to practice.
2. If you don’t have space for a mat use a chair. If you don’t have a mat, use a towel. Use regular blankets and pillows and books for props.
3. Try to practice every day. Practice can be as simple as sitting on your mat and taking 10 deep breaths.
4. Set an intention every time you get on your mat. It doesn’t have to be profound, just choose a heart’s desire or goal that feels important to you right now. Repeat it to yourself and pause to absorb it. This draws the intention deeper into your consciousness, strengthening your commitment and willpower. It also integrates your practice, making it more relevant to you.
5. Practice at the same time each day if possible but don’t forgo practice if you can’t do that.
6. Remember that an unfocused, short, distracted practice is still practice and there’s as much to learn from that practice as there is in a deeply focused practice. It’s not about perfection.
7. Trust that yoga (postures, meditation, focused breathing) works. It works with or without your concerted effort—in fact it works better if you relax into it and let it happen.

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