

Home Practice Workshop

The Menu

Entrée (Warm up)

Main (The Focus of your practice)

Dessert (Savasana)

No matter what, these three components will be part of your practice. The timing will vary slightly but the warm up and Savasana will be approximately 5 minutes (for a shorter practice) to 10 minutes (for a longer practice). Focus can be a specific pose (e.g. backbend) or something you need to balance (e.g. tiredness/open hips/moon cycle/excess energy)

Before practice, check in:

- How much time do you have?
- What is your focus/need?
- What is your starting point? (How do you feel? What do you need from this practice?)

Be aware of the 3 Gunas & the 5 Elements – achieving Sattva/Balance – take into account temperature, weather, energy, mood, busyness, food.

The goal is always yoga (i.e. a state of mind/being) not achieving a pose.

Spine is priority (physically) / Tadasana in every pose.

Also take care of neck, knee, hamstrings, and be aware of hips.

General Recipe:

Connect to yourself and your breath / Warm-ups / Salutes / Standing / Balance / Forwards / Twists / *Backbends & Counter pose / *Abs / ***Inversions & Counter pose* / *Sit / Savasana
(*optional ** advanced practice only)

Short 30 Minute Practice

Tadasana in prayer (1 minute)

3 x Salutes

2 x Standings

1 x Balance

2 x Floor

(Optional Salute)

1 x Twist
(Half backbend if time, then hug knees)
Sitting 2 minutes
Savasana – 5 min

Medium Practice

Sit or lie 3-5 minutes
Warm ups e.g. tiger/cat, pigeon and wide knee child (with breath)
2 x Salute A
2 x Salute B
3 x Standing
1 x Balance
Salute to floor
2 x Forwards
(Optional jump backs)
2 x Twists
2 x ½ backbend
1 x full backbend
Neutral 8 breaths
Child 8 breaths
10 x Leg Raises (Hands under side buttocks)
Plough 1 minute
Shoulder stand 2-3 minutes
Matsyasana 5 breaths
Knee to chest then roll
Final jump back
Sit 3-5 minutes
Savasana 10 minutes

Long/Advanced Practice

***Cam / Mark's DVDs ***

Lie down and connect to breath/Arrive
Warm up ~ Pigeon, wide knee child, Tiger/cat, dog, standing 8-10 breaths Tadasana
(Connect) to intuition and refresh being here now
3 x Salute A
3 x Salute B
5 x Standing (Straight and bent mix/Include a twist
2-3 Balancing ~ Tree, Nataraj, Handstand, can include Bird
Salute to floor
5 x Floor
3 x Twist
(Optional jump back)
3 x Gentle Backbends
2-5 Stronger
Counter – 5 Neutral/5-8 Knee to chest/child or paschimottanasana
(Optional Abs – 3 x 20)

Plough 3-5 minutes
Shoulder Stand 3-5 minutes
Counter ~ Matsyasana 10 breaths, then Jatarā Parivṛttasana 5 breaths each side
(Singly or at once)
Final Jump back
5-10 minutes sitting
10-15 minutes Savasana

Do's

- Tune in
- Respect your body and energy limits
- Use a DVD/Book for inspiration
- Email your teacher (if possible) if any questions
- Breath
- Savasana

Don'ts

- Force
- Push
- Put your body in danger
- Rush

Pregnant

- NO Strong twists or backbends
- No Abdominals
- Very gentle twists and backbends okay
- All others okay if you feel comfortable – **you are the expert**
- Upavista Konasana/Baddha Konasana good poses, also headstand if capable
- during pregnancy – roll out to the left instead of the right (not to impede blood flow to aorta/vena cava and organs – left side also best for rest/sleep)
- Savasana can be done resting on left side with bolsters under top leg & arm, head on blanket

Menstruating

- NO Strong twists or Back bends

- **NO Abdominals or Inversions**

There is a specific practice (email GCYC for a copy if needed), or gentle, resting practices – for example:

- Long Supta Baddha Konasana (Spinal roll nice)
- Long Upavista Konasana forward
- Any supported forward bends
- Very gentle twist focus on breath
- Setu Bandhasana
- Sitting
- Savasana

If more energy you can do a few salutes standing or a modified general practice with awareness of above guideline.

Procrastinating

Sometimes we have to trick ourselves or “encourage” practice at home.

- Music can play an important part in our mood/outcome of practice. Let yourself randomly move to music to get energy flowing; or use a song that you know always boosts your energy. Urge Overkill always boosted my energy (then changed to Sattvic music – that is not distracting/disturbing and that guides your mind to quietness)
- Tell yourself you’re not necessarily going to practice – Just lie down and breathe. Then, if that feels good tell yourself “I might just bring one knee to the chest” “Better do the other” If that feels good – try both knees, “Ok rock and roll, Ok maybe just tiger/cat.” Keep observing that it feels good after each action – you’ll feel better and better, and naturally your desire to practice will arrive.
- After about 5-10 minutes you usually want to keep going, if you don’t then STOP, or just sit and then Savasana - it may be what you need.
- Pawanmuktanasa first (joint movements, gentle stretches to break down Tamas) then gentle breath/body movements e.g. arm circles/squats/roll ups – this will usually open a gateway if the problem has been Tamas
- Make “a deal” with yourself - Ok I’ll just do 10 minutes and see. Give yourself permission to stop anytime; but again remember to check if it feels good after the agreed time, and you will probably want to continue. Alternatively ask yourself “Could I do another 10?” and so on, until you feel “finished” then Savasana.
- Do salutes then hang out the washing.
- Do standings then write a list of what to do.

- Do forwards.
- By then you usually don't want to disturb the rest of your practice!

Backache (poses to try)

- Legs up the wall
- Child
- Trikonasana & Parsvakonasana
- Core abs (not crunches!)
- Gentle hamstring/waist stretches
- Gentle pelvic rolls
- Gentle twists

Headache (poses to try)

- Liver? Supta Baddha Konasana
- Emotion? Setu Bandhasana
- Tension? Sit/simple pranayama & Savasana
- Supported headstand
- Eyestrain? Trataka (Candle gazing)
- Gentle head/neck stretches & Sit & Savasana

Exhausted?

My favourite routine when tired:

- Supta Baddha Konasana on bolster – 5-10 mins
- Upavista Konasana, head on bolster – 5-10 mins
- Wide leg child and conscious breathing 1-3 mins
- Tiger & Cat x 5, and 5 circles each direction
- Dog pose 5 breaths
- Uttanasana 5 breaths
- Tadasana – side waist stretches, arm circles with breath, squats or rollups
- 1-2 salutes if possible – to floor (OR optional Headstand on stool & child)
- Jathara Parivartasana (legs on bolster if needed)
- Knees to chest
- Optional abs if energy there
- Sitting
- Optional legs up the wall

- Savasana

General Tips

- Tune in – follow your inner guru.
- Be curious – How do you feel if you do this?
- Is my heart open?
- Is my spine straight?
- Can I find the Tadasana in my pose?
- Get creative!!!! No block? Can a book do the trick? No bolster? You can roll up some blankets, a doona/bedspread. Any number of things work as a strap, you can sit on cushions, folded towels, a hand-towel or scarf can help if no eye-bag; use what you have and get creative.
- Keep a journal handy for insights/Questions that pop up

Safety Tips

- Spine first / Tadasana alignment
- Avoid loading knees/neck/lower back
- Knees = hinge joint = only forward/back
- Work feet
- Come out of pose – to observe/breathe/move/align
- **Let the breath be your focus and guide**
- Shoulders relaxed
- What is my mind doing? Back to feeling breath and body
- **Respect limits**

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