

A person with long brown hair tied in a bun with a blue and white patterned scrunchie is shown from behind, sitting in a meditative pose with their hands clasped in front of them. They are wearing a dark blue long-sleeved top and blue leggings. The background is a bright, out-of-focus indoor space with green plants. The text "Cultivating a Home Practice" is overlaid in the center in a large, black, sans-serif font.

# Cultivating a Home Practice

Workshop with Nina

A person with long brown hair tied in a bun with a blue and white patterned scrunchie is performing a yoga pose. They are wearing a white t-shirt and dark blue leggings. Their hands are clasped together in front of them, and they are wearing several bracelets and a ring. The background is a bright, out-of-focus indoor space with green plants.

# WHY Cultivate a Home Practice

- Allows you to explore yoga on a deeper level
- Lets you work through anything you're dealing with in your life
- Lets you rediscover yourself

# The Link Between a Home Practice & Teaching Yoga

- Being present in the asana practice
- Excel in sequencing
- Embodying the sequence
- Through home practice you can feel the sequence in your body (what feels good? What doesn't feel good?)
- Using your home practice as inspiration for what you teach.



A person with long brown hair tied in a bun is performing a yoga pose, likely a variation of the Child's Pose (Balasana). They are wearing a white long-sleeved shirt and dark blue leggings. Their hands are clasped together in front of them, resting on their feet. The background is a soft-focus indoor setting with green foliage, possibly a fern, on the right side. The overall lighting is bright and natural.

# 10 Steps For Your Home Practice

1. Choose a time and place in your home and create a sacred space. Maybe even schedule it in your phone/calendar.
2. Start with something you're interested in:
  - Explore different pranayamas
  - New asanas
  - Introduce props to your practice
  - Try different sequencing styles
3. Journal your progress, use a dedicated notebook for ideas and progress.

A person with long brown hair tied in a bun is performing a yoga pose, possibly a headstand or a similar inversion, with their legs bent and feet near their head. They are wearing a white top and dark leggings. The background is a soft-focus indoor setting with green foliage. The text is overlaid on the upper half of the image.

# 10 Steps For Your Home Practice

4. Explore what you've learnt in a studio class:

- Does it resonate with you?
- Did you like a particular sequence?

5. Let's say you want to explore headstands:

- Anatomical approach to headstands
- Which muscle groups are being worked?
- Which prep poses?
- Which follow up poses?

6. Develop a flow based on emotions – what kind of theme could you create?

A person with long brown hair tied in a bun is performing a yoga pose, possibly a variation of the Pigeon Pose. They are wearing a white t-shirt and dark blue leggings. Their hands are clasped together in front of them. In the background, there is a green plant with large leaves. The overall scene is bright and airy, suggesting a home practice environment.

# 10 Steps For Your Home Practice

7. Practice other limbs of Yoga:

- Try different meditation techniques
- Yamas and Niyamas
- Journaling practice
- Spiritual study

8. Explore other styles of yoga and incorporate them into your practice

9. It DOESN'T have to be a full 90 mins class when you practice at home

**10. Release all expectations and treat yourself with compassion.**