


So happy you finally got yourself in a yoga teacher training! And now, you are asked to build yourself a steady home practice. Oh oh! How nice was it to do what a teacher said, and now you have to think for yourself what to do. Where you once loved yoga so much you could practice every day and more, now your mat is grimacing at you. And you feel some kind of resistance...

Here are some great tips to make the home practice easier!

1. Reshuffle your home.

Create a sacred yoga space. Make a little altar and use incense or essential oils, burn a candle and statues or pictures of your favorite deities or inspirators / teachers.



YOGA PRACTICE TRACKER 

MON	TUE	WED	THU	FRI	SAT	SUN	JANUARY
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

H = HOME PRACTICE O = ONLINE CLASS
S = STUDIO PRACTICE P = PRACTICE FRIENDS/PEERS

2. Design a tracker

Draw a tracker in your agenda, bullet journal or hang it on the fridge: how many times did you practice?

3. Choose designated days for your home and studio practice

Determine what days will be good for you to practice, stick to that, make it your routine!

4. Plan ahead! Make sure you have time on the designated days.

Really block the time in your agenda, don't make it a possibility but a real block. Try a morning, afternoon and an evening practice. What works? Block that time in your agenda and really do it.

5. Don't overdo.

Do not plan 4, but 2 times home practice a week. Remember: If you think on Monday: "have to do Yoga", and you have that in mind until Saturday, yoga was only in your mind making you tired, instead of enjoying it. You *really* have to step on your mat.

6. Make a **playlist** for yourself with your favourite yoga music (and share it with us! We love good music, and if we all share it, we have 15 playlists to rock the yogaboat!)

7. Place your mat **on the floor** before you go to bed. Don't roll it up until you have been on it.



8. **Just step on your mat.** See what comes. Don't come off until the designated time is over. Whatever comes out is fine. Do you only sit for half an hour, does an asana practice appear, are you in shavasana for 45 minutes or does an active practice pop up? Enjoy what comes. If there is resistance, observe it.

9. Be aware of what happens. Do you give **other things priority**, even laundry? Where does the resistance come from? Is it fear of failure? You will definitely fail if you don't practice...

10. Make use of your **sketching skills** and create a sequence for yourself after every TT weekend, with the newly added poses (maybe you start designing a sequence with all poses in it so that you keep practicing them!).

