

Yoga at Home ~ Your Perfect Space



We are all unique and so are the spaces we practice yoga. In live-streaming classes, I see students in rooms dedicated for yoga, outside on their porch, with a mat in a hallway & in the middle of the kitchen. There may be a candle, plants, props or a furry friend. Let's determine what you need to practice at home.

Imagine it ~ Describe your ideal at home practice space.

Feeling stuck? Recall your favorite studio experience. What made it your favorite?

Option 1: Free Flow ~ Write it

Option 2: Checklist ~ Check it

- | | | | |
|---------------------------------------|--------------------------------------|---|--|
| <input type="checkbox"/> Location | <input type="checkbox"/> Music | <input type="checkbox"/> Art Work | <input type="checkbox"/> Statues |
| <input type="checkbox"/> Teacher | <input type="checkbox"/> Props | <input type="checkbox"/> Plants | <input type="checkbox"/> Singing Bowls |
| <input type="checkbox"/> Community | <input type="checkbox"/> Lighting | <input type="checkbox"/> Incense | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Type of Yoga | <input type="checkbox"/> Paint Color | <input type="checkbox"/> Essential Oils | <input type="checkbox"/> Other _____ |

Value it ~ What's important to include in your home space?

Consider items indicated above. What's the positive effect on your ideal home practice space?

Element

Positive Effect

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Assess it ~ What's true now?

You've imagined perfection! You understand the value of including different elements in your home space. If you practiced at home today, how would you describe your current practice space?



Address it ~ The space in between & What's getting in the way?

The space in between current and ideal - that's where the work is. Removing obstacles - that's the work!
The solution may take creativity. Think outside your norm. Brainstorm with a friend. Have fun with it!

The Gap	The Obstacle	Solution
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Plan it ~ Actions you take to get you there

Where can you get quick wins? What one thing may impact many things? Is there a required logical sequence? Maybe ideal doesn't happen today but as you take steps your ideal begins to evolve.

The Action	Completed
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Celebrate it ~ Acknowledge your accomplishment

Too often we forget to celebrate our success. Email me a picture of your At Home Yoga Space (or an element of it) and I'll send you ONE Free Yoga Class ~ meg@poewellnesssolutions.com. Join class and show off your space!

Evolve it ~ Trial & Learning

As your at home practice evolves (which it will), don't allow your space to get stuck. Pay attention to what works and to where you need to shift ~ additional props, light changing with the seasons. Continue having fun. Enjoy your practice and your space!

