HOME PLAY DAY 7: SOME IDEAS

Personal Practice:

- Keep going with your personal practice and your journal.
- Note and celebrate areas where your practice has grown and the effect and any benefits that you've experienced.
- Note any obstacles or challenges that you've had with your practice – what have you done, or what could you do to overcome these (reach out to the group for help with this).

Please Remember: the following are suggestions for optional home study.
You choose!
Dive in deep, dip your toes in or leave until your intuition leads you back to them at another time.

Handouts:

- Download and read the handouts from Day 7 (access via the Foundation Course Resource Portal)

Styles of Yoga:

- Find out about the style of yoga that has been allocated to you, so that you can share what you discovered and feedback to others on Day 8 and 9. The list is posted in the handouts.

  (If you're desperate to swap your style with someone else please arrange this among yourselves).

Surya Namaskar (Sun Salute):

- Incorporate a version of Surya Namaskar into your practice.
- Get creative! Create and practice your own version of Surya Namaskar – seated, supine, using chairs or the wall. Be sure to incorporate the key elements e.g. forward bend, backbend, neutral spine etc. Share with the group on WhatsApp if you wish.
- Read Donna Farhi pages 125 – 130 (you may wish to ignore the term "beginners" – as discussed, this may not be suitable for everyone and often needs to be adjusted for beginners and experienced yogis alike).
- Read here how cultures throughout history have created and built monuments to honour the sun (link)
- A lovely mini tutorial of knees-chest-chin from Dianne Bondy (link)
- A chair version of Surya Namaskar with Amber Karnes, Body Positive Yoga (link)
- A bit of inspiration; surya namaskar with mantras: https://youtu.be/Ho68X9QKxfc

Paths of Yoga:

- Read Chapter 15 in the Heart of Yoga
- Reflect on which of the Paths of Yoga resonate the most with you, and how you may already be incorporating elements of the different paths in your daily life. Include these moments in your journal or practice log (especially when you think that you've not done any yoga!).
- A fab article from Kristine Weber at Subtle Yoga, on being of service (link)

Pranayama:

- Continue to practice any of the techniques that we've covered so far; ujjayi, brahmari, nadi shodhana, anuloma ujjayi or viloma ujjayi.

- Read Chapter 6 in The Heart of Yoga (we'll also cover some of this in Day 8 as we look further into ratios).

- Read Sutras 2.49 – 2.53, either Desikachar's version in The Heart of Yoga or Sri Satchidandanda's version in The Yoga Sutras of Patanjali (or both, it's interesting to compare versions).

- Watch this 10 minute video by yoga teacher Rolf Sovik on preparing for pranayama (link)

- Begin to explore ratios by practising the mini practice from our session (stick figure aide memoire in handouts)

Kriya:

- Incorporate kapalabhati into your practice (note the contraindications in the handout).

- This link gives a good reminder of how to practice: link