

## HOME PLAY DAY 2: SOME IDEAS

### Personal Practice:

- Keep going with your personal practice and your journal.
- Read Donna Farhi, Mind Body Spirit P80 “The Baseline Beginning, the Check-in Finish”
- If it’s helpful, refer back to the Top Tips in the [Foundation Course Resource Portal](#) (see Day 1 Handouts)
- If you have a blip or lose motivation – reach out to the WhatsApp group for inspiration and support

**Please Remember: the following are suggestions for optional home study.**

**You choose! You don’t have to do any of this, or...**

**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 2 (access via the [Foundation Course Resource Portal](#))

### How the Body Moves:

- In your practice, notice the wonderful workings and interconnections of your body. Introduce pauses in your practice: “what do I feel, what do I notice – body, mind, breath”? Consider the balance between proprioception (knowing where your body is in space) and interoception (the felt sense of the posture).
- Read The Science of Yoga P10 – 21
- Read Donna Farhi’s Moving Principle 7 “Engage” P52 - 69 and practice the Inquiries. Note any observations in your journal.
- If you’re fascinated by fascia, Tom Myers has a number of free short courses on YogaUOnline. Check these out [here](#) (scroll down to the ‘Recorded Courses’ section).
- Fascia: watch “[Fascia & Stretching – The Fuzz Speech](#)” by Gill Hedley, showing fascia and restrictions (5 minutes). **NOTE: this video includes footage of human anatomy – do not watch if you are squeamish or sensitive to this.**

### Constructing your yoga practice

- Read Chapter 4 in The Heart of Yoga ‘The Careful Construction of a Yoga Practice’. (NB: for now skip the section on ‘The Breath’ on pages 38 and 39, as we’ll be covering this when we study pranayama and ratios).
- Have a go at creating a short practice - pick something from the exercise “what do I love” and do what you love. Once you’re familiar with the practice you’ve created, add in something from your “what do I need” exercise.
- Take 5 minutes to step on your mat and ask yourself “how does my soul want to move today?”

### Philosophy

- Use the ‘points for reflection’ in the handout “Sutras: practice & non attachment”.
- Watch Swami J’s video describing practice and non-attachment (abhyasa & vairagya) – 11 minutes. ([Click here](#)). (Don’t worry about his reference to the “8-rungs” as we’ll be covering this in our next Study Day).

- Read Sutras 1.12 – 1.15, either the version in the Heart of Yoga or Sri Swami Satchidananda's version. (If you have time, read both. It's really interesting to compare versions).

## **Breath**

- Full Yoga Breath: practice this with the mudras (see the handout in the Portal for a reminder of how to do these).
- Read Donna Farhi "Guiding the Breath: Ujjayi" P 33 – 34 and practice the Inquiry on page 34
- Explore ujjayi in your practice, either seated, lying down or incorporated into your asana (posture) practice. Note any observations in your journal. Always return to your natural breath or the Subtle Breath Awareness practice if Ujjayi doesn't feel right for you (note the cautions in the Ujjayi handout).
- If you already practice ujjayi and are more familiar with it as a 'loud' and audible breathing technique, see how it feels to adopt a softer, more subtle breath. How does this affect your experience? Try this both in postures, and in a seated meditation posture. Note any observations in your journal.