

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)

**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 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 the 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, this free 4-part webinar with Tom Myers is really interesting ([via YogaUOnline](#)). Note: this may be available for a limited time only.
- 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.**

Preparation & Counterpose

- 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).
- Pick a favourite posture (keep it simple) and use the Science of Yoga to help you identify what’s going on in the body. How could you prepare the body (what needs to be released and stabilised), and how could you counterpose to bring the body back to alignment? Have a go at creating a mini practice using your ideas. Then practice, and notice – how does it feel?

Sanskrit

- Have a go at memorising the Sanskrit name of your favourite asana (posture)
- Watch this short video on commonly mispronounced asana names ([click here](#)). Have a play with pronunciation.
- Or listen to these free audio tutorials to get a feel for the sound and pronunciation of common Sanskrit words ([click here](#))

- Make a note of Sanskrit words that you come across throughout the course. Can you think of some you've discovered already from Day 1 and Day 2? The glossary at the back of 'The Heart of Yoga' is a useful resource.
- Continue to listen to the chanting of Chapter 1 of the Yoga Sutras (click [here](#) for the version provided on Day 1, or this version [here](#) also has the words on screen). Have a go at chanting along!

Philosophy

- 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).
- 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](#))

Breath

- Read Donna Farhi "Guiding the Breath: Ujjayi" P 33 – 34 and practice the Inquiry of 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). Be aware of the cautions and contraindications listed on 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.