

HOME PLAY DAY 4: SOME IDEAS

Personal Practice:

- Keep going with your personal practice and your journal.
- Share your experiences, progress, challenges with the group
- If you're feeling stuck, ask for help

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

Principles of Backward Bends:

- Incorporate one of the backward bends of the syllabus into your practice:
 - Salabasana (Locust Pose)
 - Dwi Pada Pitham (Two Foot Support / Bridge Pose)
 - Bhujangasana (Cobra Pose)
 - Ustrasana (Camel Pose)

Apply layers/modifications that are appropriate for your body, taking into account the cautions and contraindications (see handout: Principles of Backward Bending Asana), and preparing and counterposing appropriately. (Ask me if you're stuck for ideas).

- Read Donna Farhi Chapter 5 'The Back Bends' P172 – 175 and practice the inquiry 'Elongating the Spine Before Extension'. Read the rest of the chapter, focussing on the postures of the syllabus: Salabasana (Locust Pose), Dwi Pada Pitham (Two Foot Support/Bridge Pose), and Ustrasana (Camel Pose).
- Find the backward bending asana of the syllabus in The Science of Yoga, and familiarise yourself with the key muscles involved in the movement.

Philosophy: 8 Limbs of Yoga - Asana

- Read Sutras 2.46 – 2.48 in the Heart of Yoga and/or Yoga Sutras of Patanjali.

Breath

- Practice anuloma – you'll find a reminder on how to do this in your handouts. Choose a stage that's right for you – keep it simple to begin with as you familiarise yourself with the technique. And omit ujjayi breath if you've not been practising this yet).

History of Yoga

- Watch this Donna Farhi video ([link](#)). She offers her view of the current landscape and future of yoga. (Note: the later part of this talk is aimed at the future of teaching yoga, but may provide some nuggets of inspiration).
- An interesting article from Yoga International: ["What is the Veda?"](#)
- And another from Dianne Bondy: ["The Black History of Yoga: A Short Exploration of Kemetic Yoga"](#)
- Practice in a way that honours the richness and diversity of the origins of yoga e.g. learn the Sanskrit names of the postures, honour our near and distant yoga ancestors with a simple

acknowledgement at the start of your practice (see the history slide for more ideas). Share any other ideas with the group on WhatsApp.

Mantra: Aum (Om)

- Incorporate Aum (Om) into your practice. Perhaps to begin or close your meditation or asana (posture) practice.

Affirmations

- Be your own cheerleader – create an affirmation and use this in your practice, either in relaxation, as a point of focus in your meditation, or combined with your asana practice.
- Watch this short video from Louise Lloyd for some inspiration: [“What’s your in the moment mantra – Becoming Your Best Friend Self”](#)