

HOME PLAY DAY 9: SOME IDEAS

Personal Practice:

- Keep practicing!
- If you get stuck then reach out to your yoga friends on the FC23 WhatsApp group – we are all still here to help each other.

All Home Play suggestions throughout the course have been completely optional. But... this is a great resource to go back to time and again now the course has finished, with ongoing ideas for reading, practices, and reflections.

Handouts:

- Download and read the handouts from Day 9 (access via the [Foundation Course Resource Portal](#))

Inversions:

- Read Donna Farhi P206 – 209. Incorporate 'Essential Skills – The Hands' into your practice where the hands connect with the Earth e.g. Adho Mukha Svanasana (Dog), tabletop, cat. If you are avoiding weight bearing into the hands/arms then this principle can also be applied for postures practiced at the wall e.g. Bhujangasana (Cobra).
- Incorporate Sarvangasana (Shoulder Stand) or Vipariti Karani (Legs up the Wall) into your practice. If your chest and shoulders are tight, work instead on releasing into these areas with Salabasana (Locust Pose), Gomukasana (Cow Faced Pose) or general shoulder release e.g. shoulder clock. You can find Donna Farhi's guide to Shoulder Stand on P223 – 226.
- Check out the anatomy: Science of Yoga P124 – 127 (Adho Mukha Svanasana – Downward Facing Dog) and P132 – 135 (Ardha Sarvangasana – Half Shoulder Stand). Notice the muscles that are involved in these postures, and if you practice them be aware of how they feel when you practice.

Styles of Yoga:

- Did any of the styles of yoga stand out to you? Try something that you've never done before.

Relaxation – Yoga Nidra:

- Read this article from YogaUOnline, describing Yoga Nidra ([link](#))

Reflections:

- Take some time to reflect on your learning over the last 9 months. Are there any areas that you'd like to go back to and read your notes or handouts? Perhaps something has stood out that you'd like to explore in more depth?
- Revisit the question that we explored as a group on Day 1: Why do I love yoga? Has this changed in any way? Are there areas where you've grown?

Continuing your journey...

- Follow your heart as you consider where you would like to go next with your learning. Yoga allows us to be the eternal student – there is always more to learn...

Celebrate your successes... (continued overleaf)

- Do something wonderful to acknowledge all the work, dedication, and commitment that you've put into this course.

"Celebrate endings, for they are beginnings"
Jonathan Lockwood Huie