

## HOME PLAY DAY 8: 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 8 (access via the [Foundation Course Resource Portal](#))

### Side Bends:

- Notice how side bends feel in your practice – how does your breath feel before and after your practice of side bends?
- Read this great article by Beth Spindler, in which she describes different ways and benefits of practicing trikonasana (triangle) – [link](#).
- Check out the anatomy: Science of Yoga P118 – 121 (Trikonasana – Triangle) Notice the muscles that are involved, and if you practice trikonasana be aware of how the muscles feel when you practice.

### Dharana - Concentration technique:

- Practice dharana (concentration) using an object of your choice. This could be focussed attention on:
  - the flow of the breath
  - a word or phrase (e.g. inhale “peace” exhale “peace”)
  - a physical object (e.g. a pebble or flower).
  - your heart chakra
  - counting the number of breaths from 10 down to 1 (returning to 10 each time the mind wanders)
  - anything that speaks to your heart and that you find inspiring

To begin with if you find it easier to practice by being guided then pop on to the Meditation Portal – use this for a while then see if over time you can practice on your own.

- Train your mind to focus throughout the day. Switch your phone to silent or turn off notifications that aren't important. Consider setting up the Sleep Schedule on your phone if it has one – you select a time after which you won't be disturbed in the evening. Schedule focussed time for specific tasks.
- Read my Meditation e-book on the Meditation Portal (I've also saved this into the Day 8 Handouts)
- Read the Heart of Yoga P109 – 110.
- Read Sutras 3.1 to 3.3 in either the Heart of Yoga or Satchidananda's version (or both).
- Read P184 – 185 in the Science of Yoga

- Watch this beautiful video about encounters with a muntjac deer – does this experience of encounter in some way describe the process of dharana, dhyana and samadhi? Link: [https://vimeo.com/236955585?fbclid=IwAR3dHQwUc7ItKDMvk7X3TbgpBUa\\_Yyb-ufX-igitiEgevhZySV1OD12ObZQ](https://vimeo.com/236955585?fbclid=IwAR3dHQwUc7ItKDMvk7X3TbgpBUa_Yyb-ufX-igitiEgevhZySV1OD12ObZQ)

### **Asana for Concentration / Meditation (overleaf):**

- Read Donna Farhi P133 – 134: Essential Skills - Sitting Well (Dandasana), P141 – 142 (Sukhasana and Siddhasana), and P189 Hero's Pose Preparatory Position.
- Check out the anatomy of Siddhasana on P46 of The Science of Yoga
- Play with the seated asana (see the handout 'Seated Asana for Meditation') – experiment with props to find which version suits you best.
- Read this article – it's ok to meditate lying down... ([link](#))

### **Pranayama:**

- Incorporate a simple ratio into your home practice (be sure to read the ratio handout first). Start simple – here are some ideas – choose one and practice up to 12 rounds:
  - Subtle Breath Awareness or Full Yoga Breath, noticing the pause
  - Sama vrtti ratio – equal inhale and exhale e.g. 4 : 0 : 4 : 0
  - Extending the exhale e.g. 4 : 0 : 4 : 2

You may prefer to use breath and mantra in movement as a natural way of extending the exhale

- Read The Heart of Yoga on Ratios: P64 - 66