

HOME PLAY DAY 6: SOME IDEAS

Recommit to your home practice.

Keep it simple and achievable – this makes consistency easier

Remember to record your practice, and any observations, in your practice log or journal.

**Please Remember: these are simply suggestions to inspire optional home study.
Do none, pick one, or do some.
You choose**

Handouts:

- Download and read the handouts from Day 6 (access via the [Foundation Course Resource Portal](#))

Principles of Balancing Asana:

- Incorporate one of the balances of the syllabus into your home practice:
 - Vrksasana (Tree Pose)
 - Garudasana (Eagle Pose)
 - Natarajasana (Dancer Pose)

A hint... vrksasana is wonderful to practice during the transition to autumn as the trees turn to shades of gold, amber and red. Take it outside and try it barefoot.

- Incorporate Drishti into your practice. Practice palming regularly if you spend a long time on a screen.
- Revision: go back to the General Principles of Alignment presentation from Day 1 to refresh yourself on the importance of steady foundations. These are essential in our balancing postures.

Subtle Anatomy:

- Incorporate the chakra bija mantras into your practice (e.g. Om Lam Nahama). See handout for the mantras.
- Do any of the chakra classes in the Online Studio
- Listen to this bija mantra meditation with simple yantra (symbols) on YouTube: https://youtu.be/NmAHY_tg9Es
- Watch this film about the chakras by Swami Tadatmananda, an interesting exploration of the traditional practices relating to the chakras: <https://youtu.be/3ODfwJBDgBs>
- Watch this 10 minute video by Rolf Sovik – a recap on the pancha maya kosha model: [link](#)
- Watch this 3 minute video from Dr Timothy McCall about savasana and the nadis: <https://youtu.be/D3klsZLVUTo?si=RpUsahm1cEdiqZ-c>
- Create a short practice based on one of the chakras. Here's a brief summary of the themes. Which chakra are you instinctively drawn to? And which asana seem to embody the quality associated with that chakra.

- Manipura	Root	Grounded, Stable
- Svadisthana	Sacrum	Creative, Joyful, Flowing with Ease through life
- Manipura	Navel	Empowered, Strong, Confident
- Anahata	Heart	Compassion, Emotional Balance
- Vishuddha	Throat	Self Expression, Communicating Your Needs

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|-------------|----------------|---|
| - Ajna | Eyebrow Centre | Intuition, Inspiration, Clarity |
| - Sahasrara | Crown | Spirituality, Experiencing Awe, Inner Peace |

Breath

- Practice nadi shodhana and note any effects in your journal. Here's a lovely video to guide you if you need a reminder: [link](#)

Dharana (Concentration)

- Practice the Loving Kindness meditation – it's especially powerful if you're able to practice daily. There's a recording in the Meditation Portal if you prefer a guided practice or need a reminder.