

## Summer Sadhana: Sustaining Your Practice

We now have a lovely long break – time to pause, and to allow what you’ve learnt over the last 4 months to be absorbed and filter into your being.

How will you sustain your practice during this time?

Or, if your practice has slipped – perhaps this is an ideal opportunity to devote some time to you and your wellbeing – to begin again. Remember, “atha yoganusasanam” – Now begins the practice of Yoga (Sutra 1.1). There is no better time than now – each new moment is a new opportunity to begin afresh.

2 important tips:

- Keep it simple.
- What’s realistic in terms of time and frequency?

Some reflections that might help:

- Is there a practice from the last 4 months that has jumped out at me? A particular asana or group of postures, a breathing practice, meditation or relaxation technique?
- If I’ve done well with maintaining my practice throughout the course, how can I celebrate this and what can help me to maintain my motivation and momentum? (And can you share tips and help to motivate others in the group)?
- Perhaps use the theme from today to help you create your summer sadhana: What brings me back to balance?
- You could use the chakras to help identify where you might be feeling out of balance and to inspire your practice. Here’s a brief summary of the themes, or you could use the more detailed chart on the chakra handout:

- 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
- Ajna	Eye-brow Centre	Intuition, Inspiration, Clarity
- Sahasrara	Crown	Spirituality, Experiencing Awe, Inner Peace

“Find a routine baggy enough to live in” Matt Haig

Your practice is one that supports and serve you. What if you were to drop all the ‘rules’ and release the ‘shoulds’ and expectations. What if you were to let go of perfectionism? What if you simply rest your hand on your heart and ask “what do I need?”. Let the answer land softly and guide you, trust it. Hold your intention lightly and let it be “baggy enough to live in”.