

## HOME PLAY DAY 3: SOME IDEAS

### Personal Practice:

- Keep going with your personal practice and your journal.
- Share your experiences, progress, challenges with the group
- If it's helpful, refer back to the Top Tips in the [Foundation Course Resource Portal](#) (see Day 1 Handouts)

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

### Principles of Forward Bends:

- Incorporate one or more of the forward bends of the syllabus into your practice:
  - dandasana (staff pose)
  - apanasana
  - uttanasana
  - paschimottanasana
  - janu sirsasana.

Apply layers/modifications that are appropriate for your body, taking into account the cautions and contraindications (see handout: Principles of Forward Bending Asana). When practising uttanasana, paschimottanasana and janu sirsaasana ensure that the body is sufficiently prepared (e.g. hamstring stretch, cat, apanasana, hip circles) and remembering sequencing by placing these postures towards the end of your practice.

- Find the forward bending asana of the syllabus in The Science of Yoga, and familiarise yourself with the key muscles involved in the movement.
- A selection of reading from Donna Farhi:
  - P132-140 and the Inquiries
  - P94-95: Spinal Rolls
  - P143: Janu Sirsasana
  - P155: Paschimottanasana
  - P113: Uttanasana

### Philosophy: Yamas & Niyamas

- Read Chapter 1 in Yoga Mind, Body & Spirit: 'Living Principles'
- Read Chapter 11 in The Heart of Yoga: 'Living in the World'
- Take one of the yamas or niyamas to focus on throughout the week or month ahead. How can you apply it to your life on and off the mat? Write in your journal about your experiences with this.
- If, over the coming weeks, you find yourself faced with a difficult choice or a challenging situation can you look to the yamas and niyamas for guidance?

### Breath

- Incorporate bhramari into your practice. Note any effects or observations in your journal.

## **Pratyahara: Sense Withdrawal**

- Experience pratyahara (sense withdrawal) with the “Withdrawing the Senses” guided practice. You can access this from the [Foundation Course Portal](#) ('Practices' section).

## **Dharana: Concentration**

- Practice the Loving Kindness Meditation (this combines both Dharana and Ahimsa): access in the Foundation Course Portal (Practices section) or in the Meditation Portal
- Incorporate meditation into your asana practice – placing your focus on an anchor such as the breath or your heart centre. Noticing when your mind wanders, and gently guiding it back to your anchor each time.