



## 28 Days to Prioritise your Home Yoga Practice Free E-Course

### Week 1 Handout

The following questions are designed to help you tune into your big WHY you want to spend time on a home yoga practice. When you know this and really tune into it, it will give you the motivation you need to make your home yoga practice a regular part of your life.

Use this handout with the first Facebook Live Video in the course.

1. WHY do you want to start or continue a regular home yoga practice? What are the benefits to you and those around you?

2. See yourself connecting into this why when what is around you when you practice. Notice what springs to mind when you see what's around you when you imagine your practice. What is around you, where are you, what tools to you use for your practice? e.g candles, music, essential oils.



3. Consider times of days for different weekly practices. What time of day suits your patterns? Use your why answers to think about times when your yoga practice will benefit you the most.

4. What do you need to do to get space in your house? What is going to work best for you based on who else lives with you? Work around family? Pets? It's all ok to do this - feel into it being ok and watch your solution arrive.

5. Have images on your phone or affirmations in and around to keep you connected to your why. Use the affirmation sheet in week 1 to give you some ideas for affirmations you could use.

