

HOME PLAY DAY 5: SOME IDEAS

Personal Practice:

The priority over the next 9 weeks for your home play is to nourish yourself through your personal practice:

- Recommit to your practice if it's faltered recently – remember why you do yoga and how it nourishes and supports you.
- We all set a practice intention for the summer – write this down and keep it visible as a reminder.
- Connect with your team of Yoga Buddies. Share your practice intentions with the group so that we can support each other and cheer each other on. Don't be afraid to say if you're stuck or haven't done it – that's what our sangha is here for.
- Remember that it's your practice – it's great to be inspired by others but never compare. What's nourishing for one will be different for another. It's your unique practice – let yourself shine.

The following are suggestions for optional home study.

Handouts:

- Download and read the handouts from Day 5 (access via the [Foundation Course Resource Portal](#))

Principles of Twisting Asana

- Incorporate one of the twisting asana of the syllabus into your practice:
 - Parivrtta Trikonasana (Revolved Triangle Pose. P108 Donna Farhi book)
 - Ardha Matsyendrasana (Half Lord of the Fishes Pose P169 Donna Farhi book)
 - Jathara Parivartanasana (Revolved Abdomen Pose / Supine Twist P162 Donna Farhi book)
- Read Donna Farhi 'The Twists' P158 – 170. Practice the Inquiry (note the cautions).
- Practice the Inquiry: Moving with Organ Support on Page 69 Donna Farhi
- Watch this 6 minute video from Dr Timothy McCall for a recap on the stability of the SI joint in twists: [link](#)
- Look at the twists in Science of Yoga and become familiar with the muscles involved. (Pages 68-71 and 170 – 173). Then see how this feels in your body when you practice.

Breath

- Practice villoma – you'll find a reminder on how to do this in your handouts. Choose a stage that's right for you – keep it simple to begin with as you familiarise yourself with the technique. And omit ujjayi breath if you've not been practising this yet. (Remember this is an energising technique, so best not to practice before bedtime).

Relaxation

- Incorporate 10 – 20 minutes of deep rest / relaxation into your day.
- Read Science of Yoga:
 - Nervous System P23-27
 - Savasana P186-187
 - Stress P188-193

- Read Donna Farhi P232 – 237 and the variations of savasana P239 – 240. Try some of the restorative postures on pages 240 – 247. Be sure to follow the guidance in each posture “Who Shouldn’t Do this Pose”. Please ask if you are unsure.
- Watch this wonderful video on YouTube: Rest & Restore – Octavia Raheem and Action for Happiness ([link](#)). This includes a discussion on giving ourselves permission to rest. (Video length 56 minutes).
- A video on the Vagus Nerve from Professor Epstein, Royal Free Hospital: <https://youtu.be/n066Vkd608I?si=iQzB8dp4tkFVdlvL>
- A video explaining the benefits of savasana from the Yoga Institute: <https://youtu.be/FJoOZibebSs?si=DDTwlLoXny31gUll>

Dharana (Concentration):

- Set a timer for 1 minute, and practice “I am sitting, I am breathing”
 - Inhale: “I am sitting”
 - Exhale: “I am breathing”

You can sprinkle this practice throughout your day.

- Or watch and befriend the thoughts – each time you notice thoughts bubbling to the surface in your meditation practice, send them the word “love”.