

## HOME PLAY DAY 4: SOME IDEAS

### Personal Practice:

- Keep going with your personal practice and your journal.
- Share your experiences, progress, challenges with the group
- If you're feeling stuck or low on motivation, ask for help – I'm always happy to chat

**Please Remember: the following are suggestions for optional home study.  
Do none, do one, do some .  
You choose**

### Handouts:

- Download and read the handouts from Day 4 (access via the [Foundation Course Resource Portal](#))

### Principles of Backward Bends:

- Incorporate one of the backward bends of the syllabus into your practice:
  - Salabasana (Locust Pose)
  - Dwi Pada Pitham (Two Foot Support / Bridge Pose)
  - Bhujangasana (Cobra Pose)
  - Ustrasana (Camel Pose)

Apply layers/modifications that are appropriate for your body, taking into account the cautions and contraindications (see handout: Principles of Backward Bending Asana), and preparing and counterposing appropriately. (Ask me if you're stuck for ideas).

- Read Donna Farhi Chapter 5 'The Back Bends' P172 – 175 and practice the inquiry 'Elongating the Spine Before Extension'. Read the rest of the chapter, focussing on the postures of the syllabus: Salabasana (Locust Pose), Dwi Pada Pitham (Two Foot Support/Bridge Pose), and Ustrasana (Camel Pose).

### Philosophy: 8 Limbs of Yoga - Asana

- Read Sutras 2.46 – 2.48 in the Heart of Yoga and/or Yoga Sutras of Patanjali.

### Breath

- Practice anuloma – 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.

### History of Yoga

- Watch this Donna Farhi video ([link](#)). She offers her view of the current landscape and future of yoga. (Note: the later part of this talk is aimed at the future of teaching yoga, but may provide some nuggets of inspiration).
- An interesting article from Yoga International: "[What is the Veda?](#)"
- And another from Dianne Bondy: "[The Black History of Yoga: A Short Exploration of Kemetic Yoga](#)"
- Practice in a way that honours the richness and diversity of the origins of yoga e.g. learn the Sanskrit names of the postures, honour our near and distant yoga ancestors with a simple acknowledgement at the start of your practice. See the history slide for more ideas, and share any other ideas with the group on WhatsApp.

## Dharana/Concentration Technique: Noticing the Pause

- Practice noticing the pause. This could be...
  - The natural pause between each inhale and each exhale in your seated meditation practice
  - Creating space to pause between each posture in your asana practice
  - The many natural pauses throughout your day e.g. waiting for the kettle to boil, in a queue, or at traffic lights. Perfect opportunities to drop all the doing, and simply be.

You'll find a recording in the Meditation Portal, 'Journeying the Spine' – this incorporates awareness of the pause between the breaths. Or there's a reminder of the practice in the handout.

## Mantra: Aum (Om)

- Incorporate Aum (Om) into your practice. Some ideas...
  - Chant Om 3 times to begin or close your meditation or asana (posture) practice.
  - Or as a seated meditation practice: chant Om 12 times using your fingers to count (see P67 in the Heart of Yoga for a reminder of the counting method).
  - Or listen to Om. Here's a beautiful recording from Deva Premal - [link](#).

## Affirmations

- Be your own cheerleader! Create an affirmation and use this in your practice, either in relaxation, as a point of focus in your meditation, or combined with your asana practice.
- Watch this short 2 minute video from Louise Lloyd for some inspiration: "[What's your in the moment mantra – Becoming Your Best Friend Self](#)"
- Or listen to this podcast on the power of the mind (1 hour 15 mins): Dr Rangan Chatterjee episode 266 with Dr Joe Dispenza ([link](#)). If you prefer to watch this or don't have Apple Podcasts, it's also available on YouTube ([link](#))
- Here's the documentary I mentioned by the wonderful Dr Michael Mosley on the placebo effect: [link](#)