

CREATING A HOME *Yoga* PRACTICE

What are your top 3 goals for a physical yoga practice?

- 1.
- 2.
- 3.

What is your biggest obstacle to doing yoga at home?

What are your biggest complaints you'd like your practice to address?

What will inspire you to practice and what would you like from me?

How much time do you want to spend per day practicing yoga?

How much \$\$ are you open to spending (classes, info, techniques)?

Please describe your current exercise routine.

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Secrets to making your practice stick!

Home Practice essentials

In order of importance:

- ...yoga mat
- ...blanket
- ...strap
- ...bolster
- ...block

You don't need a lot of props to start a practice, but a couple do make it easier and more effective.

Make your practice meet YOUR needs

Ask yourself, 'What do I need right now?'

Think about what your physical body needs, but also the time of day. Once you have this answer, you have a direction. Now you need to know a few poses that target what you need.

Energetics of Yoga	AM movement	PM movement	Sleep	Stress relief	Energy
Back bends	X				X
Side bends	X				X
Inhale	X				X
Forward bends		X	X	X	
Twists		X	X	X	
Restorative		X	X	X	
Exhale		X	X	X	

Poses for parts	Back Pain	Balance	Core	Knees	Hips
Down Dog (PM)	X				X
Hamstring Stretch (PM)	X				X
Chair (AM)	X		X	X	
Cobra (AM)	X		X		
Triangle (AM)	X		X		X
Crescent Lunge		X		X	X
Warrior II		X		X	X
Hero				X	X
Plank (on knees)			X		