

Building a Home Practice

Creating a home yoga practice is an important part of the healing process. Use this as a quick guide to help you create a simple home practice protocol and depending on what side-effects you are experiencing, you can select from the practices below to create a 20-minute practice that will bring ease to the body, mind and spirit.

GENERAL

- Chant Om
- Observe the Natural Breath
- Floor Vinyasa
- Savasana

FATIGUE

- Bhramari Breath
- Uttarakonchik Mudra
- Reclining Side Bend
- Legs up the Wall

PAIN

- Chant AHAM
- Belly Breath
- Vyan Vayu Mudra
- Windshield Wipers
- Cat/Cow
- Legs in Chair

ANXIETY

- Vowel Spiral
- Exhale Retention
- Adhi Mudra
- Supported Childs Pose

DIGESTION

- Jala Mudra
- Z-Pose Series
- Supta Baddha Konasana

INSOMNIA

- Chant AHHH
- Chandra Bhedana
- Chinmaya Mudra
- Instant Maui

MENTAL CLARITY

- Chant MMM
- Nadi Shodhana
- Jnana Mudra