

# Build Your Own Home Practice

Create Something Nourishing and Enjoyable! (Otherwise You Won't Stick With It.)

## Choose an Asana Routine (5-10 Minutes)

Gets The Energy Moving And Prepares Your Body And Mind For Meditation

Short and Sweet Kriya  
Jivamukti Magic 10

Sun Salutation  
Freestyle Practice

## Choose a Pranayama Practice (3 Minutes)

Helps to Nourish and Cleanse the Energy Channels

Alternate Nostril Breathing  
Dirga Breathing (3 Part Breath)

Channel Clearing Breath  
Ujjayi

## Practice Meditation (10+ Minutes)

STRENGTHENS THE POWER OF YOUR INNER WITNESS

Silent - Concentrate on the Breath

Guided (See Resources)

## Add Something Uplifting

ORIENTS YOUR DAY TOWARD SPIRITUAL GROWTH

Gratitude Practice  
Read from a Spiritual Book  
Journaling

Affirmations  
Prayer  
Write down Intentions

## Take It With You!

CHOOSE A SPECIFIC WAY YOU WILL  
PRACTICE YOGA OFF THE MAT TODAY

Yama

Niyama

Mindfulness Practice

