

**30 Day Yoga Challenge: Let Yoga Transform Your Life!
Win a Free 10 Class Yoga Pass! Commit to practicing yoga 30 days in a row between Feb 1 and Mar 10th. Keep a diary of your practice times and enter your name in a draw to be held March 12th.**

Committing to a Home Practice

No matter how many yoga classes you attend per week, establishing a consistent home practice can take your practice to a much deeper level and can help you begin to integrate the principles of yoga more fully into your daily life. Group yoga classes are usually geared to teach to the average ability of the group, and the poses and pace of a class may not be right for you. A home practice allows you to move at your own pace, perhaps lingering longer in the poses you need the most (or don't like the most!), as well as listening more carefully to your body's own wisdom.

Getting Motivated

To establish a consistent yoga practice and to get results, you must understand exactly why you are practicing. Whatever your goal – stress reduction, greater flexibility, quieting the mind – it should be personal and meaningful.

Ask yourself and write about the following questions:

1. Why do I want to learn and practice yoga? Be specific.
2. What benefits do I expect from a regular and consistent practice?

Obstacles to Practice

We often sabotage our practice by making excuses for not doing it. **Make a list of your ten best excuses.** Try not to censor yourself – just free associate. This exercise removes obstacles to practice from the recesses of the mind, where they can seem insurmountable. When your excuses and obstacles are listed, you can attend to each one systematically, eventually clearing the path. Once you have removed your obstacles, assess how much time you are prepared to commit to yoga.

Write a Yoga Contract with yourself.

Most of us have been raised to believe that a written agreement represents a deeper commitment than an oral one. The writing of a yoga contract requires us to record on paper not only our intention to practice, but also the specifics.

1. How many times per week will I practice and for how long? Be realistic!
Remember it is better to practice for shorter periods of time on a consistent basis rather than one long practice once a week. Ie. 3 times per week for 15 minutes.
2. What time will I practice and where? It is better to have a consistent time everyday if possible as well as a clean and open space.

Keep a Yoga Diary or Journal

Often it is helpful and quite insightful to keep a record of when you practice and even a journal to record your thoughts, feelings and observations. Even a few quick comments may give you insightful wisdom, not only about the physical postures but also emotionally and spiritually.

