

Don't Let Current Restrictions Keep You from Your Yoga Practice

If you already practice, you know that yoga is more powerful than most people give it credit for. It is both a way to connect with your spiritual side and a vehicle to transform your body. But only if you're able to maintain your practice. For those of us who flourished in the studio but feel adrift with closures still in effect, it can be difficult to wrap your brain around creating a beneficial home practice. Yes, the benefits of the collective in person are multifold, but it's also important to remember that your practice can be what you make of it. And now, more than ever, you need your practice to help sustain you during these challenging times.

So rather than leave your mat in the closet, it's time to get it out and to get creative with all of the options available to you.

Getting Set Up

If you're not used to any sort of home practice, you'll need a few items beyond your trusty mat. First, you want to carve out the [right space](#) where you can comfortably stretch out and work through poses. Ideally, this is a place in your home with few distractions and that can function as a quiet space. You won't need much besides a few props: a block or two, a strap and a blanket.

To be able to see and hear an instructor clearly, streaming videos or streaming live classes are your best options. A makes it easy to connect to different types of classes, and all with instruction easily seen from your chair or mat. These devices simply plug in and connect to your wifi. If it's your phone or tablet that you need to use, look for a sturdy spot that can hold your device upright, and be sure to set your device so it doesn't screen lock. You may also use your computer.

Classes are available live through Zoom by going to www.AgeWithoutLimits.net/classes. If you are interested in on demand classes go to www.AgeWithoutLimits.net/ondemand.

Small details like a candle, incense or crystals can bring additional ambience to your yoga space. It's also very important to get this area as clean as possible, as [too much clutter](#) can easily cause you to experience a rise in anxiety. What's more, clutter and disorganization can trap negative energy in your home, which can get under everyone's skin.

Try Something New

If chair yoga has been your go-to for all your yoga classes, now is the time to bust out of that rut. If you've been wanting to move beyond your usual practice, now is the time to shake things up. Sticking with the same postures and poses lead to patterns your body and mind remember, removing some of the challenge. You can eliminate repetition through exploration. For instance, a standing class at the wall, therapeutic mat or yoga for seniors.

The Power of Nature

Since yoga is something you can enjoy anywhere, why not take things to the next level by going outdoors? Nature has a rhythm, and when you stop long enough to go along with it, you might just find that your body moves in ways that you never imagined possible. The Chopra Center asserts that [nature](#) connects the senses and forges a bond between us and the physical universe. If you're in a position to take your practice outside or even safely to a nearby greenspace or park, give it a try. It can open your mind to a whole new experience.

Stay Safe

It should go without saying, but [staying safe](#) during your practice right now is crucial. Listen to your body! If something hurts, don't do it. Stretch just a bit beyond your usual range to start with. Yoga is a journey and you will improve one millimeter at a time. Look to simple modifications that help you build strength and help your mind and body grow accustomed to those postures. It lays a foundation for when you can return to in person practice and finally get that inversion you've dreamed of.

Mind Over Movement

To make the most of your exercise, you can't focus solely on the physical. You must dive deeper into yourself. Meditating just before or after your yoga session can help heal your mind by reducing stress and promoting brain cell growth. The combination of the two may even [relieve symptoms](#) of depression.

The road to whole-you-wellness is paved with the things you do for yourself, and this includes keeping to your practice even when your studio remains closed. You've devoted so much time to yoga and have enjoyed the benefits of your practice; don't let it go to waste. By continuing to return your mat several times a week, you can stay connected to yourself, and you can stay grounded during these times of uncertainty.



Image via [Pixabay](#)

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Sheila Johnson left the corporate world and long hours behind to start her own business. She's seen so much personal success with her health and wellness routine that she wanted to share it with others. By creating <https://www.wellsheila.net/>, she hopes that sharing her story will help people put their physical and mental health first.