

# Home body

Ah, the good old home yoga practice. Every 'proper' yogi should have one, shouldn't they? This month, yoga instructor and mother Cheryl Parsons asks: Do we really have time?

## IT'S A CONTROVERSIAL QUESTION, I KNOW.

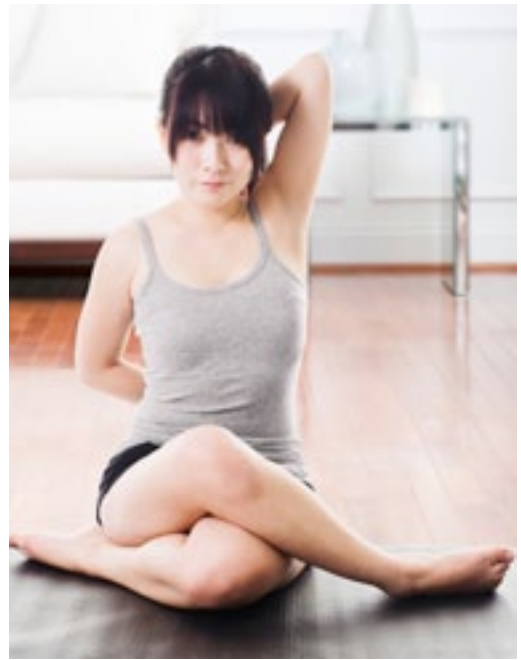
Surely us yogis are adept at carving out space for a home yoga practice. Two hours of meditation and yoga. Feeling great, ready for the day... and it's only 7am. Right? In many cases, not so much. Somewhere buried among my New Year's resolutions to learn the guitar (again) and lose the post-baby pounds (she's 18 months now) is the resolve to spark new life into my home yoga practice. Maybe, it's been on your list too, or perhaps you're thinking that this is the year you will begin, but have no idea how to start and when to fit one in. You can barely get yourself to Starbucks in the morning let alone think about saluting the sun.

I'm not afraid to hold my hand up and say I've spent last year fighting the same battle. Before I had my daughter, I had all the time in the world for a long home yoga practice, topped off with an uninterrupted savasana. I didn't mind waking up a little earlier because I'd had a full night's sleep, and could easily spring out of bed and bust out a downward dog.

Cut to the present day and I've no need for an alarm clock. I'm often just thankful the time reads on the good side of 6am. These days, my home yoga practice varies greatly, usually resembling something like the following:

- Remove toddler from my back in child's pose
- Play peek-a-boo in downward dog
- Abort warrior two to lift toddler away from eating the plants
- Savasana...are you kidding?

Recently my ego has told me that it's not good enough. That if I don't have time to do a 'serious' home practice, then it's not worth my while. I've done a lot of soul searching to let go of what I think I should be doing and resolve instead to just do what I can. After all, yoga doesn't judge. It's always there for us, no



matter if you have just five minutes to spare or a full go, it's all valid. Whether you are a busy parent, a corporate high-flyer or a stressed-out student, even just a little yoga can create some space in your day. Here are some of my tips for keeping or starting a home practice this year.

**1 FIND YOUR OWN GOLDEN TIME.** It doesn't have to be 4.30am. It doesn't even have to be an hour. Even five minutes to sit, enjoy your breath and press pause on your busy day. It's all yoga.

**2 WHAT'S YOUR YOGA TODAY?** My teacher always taught me to find my own 'yoga' every day. One day, perhaps it's a physical practice, the next, it's simply scheduling some quiet time to read something inspirational. You choose.

**3 FORGET THE FRILLS** While shiny Buddhas, incense, candles and a vast yoga room can make for a great practice space, they're not totally necessary. Even a small corner can be transformed into your own personal, home yoga haven.

**4 EMBRACE THE TRAFFIC** Or the dog, cat or toddler. Life is full of distractions. If we waited for that golden moment when the planets are aligned and everything is calm, then our mat would probably remain rolled up forever.

**5 LISTEN TO YOUR BODY AND YOUR BREATH** No idea what to do? Start with your breath. Add some movement and go with the flow. Be your own teacher. It doesn't have to be perfectly polished. Simply move, breathe and enjoy. Why not add it to your resolutions this month? I guarantee you will be glad you did. ✨



**CHERYL TEACHES** vinyasa and hatha flow at Zen Yoga and writes a regular blog on life as a yogi and mother at [www.thepeacefully.com](http://www.thepeacefully.com)