

## **Inspiration for Practice**

If you like attending yoga classes, have a go at doing home practice. It will reinforce all the good things you go to class for and take them all to another level. Yoga practice can take many forms – meditation, breath awareness, asanas, relaxation - and it is like a daily ritual whereby you spend time with yourself.

Why this is important is that the benefits of yoga that you receive from the teacher are enhanced when you repeat them on your own. Yoga involves the intellect but it is also an art that takes one near to the essential self. Regular practice is an affirmation of yoga values that carries an indelible and resonant quality into one's heart.

It is possible to find a level of harmony in yoga classes but it's by doing yoga in your own sacred space that you connect to your inner life.

As Michael Leunig says in **A Common Prayer**:

“This is a do-it-yourself ceremony, where the mind is on its knees - a small ceremony which calls on one's soul to come forth.”