



## How to Plan Your Home Yoga Practice

### Templates and Worksheets



*Thanks for watching the 'How to plan a home yoga practice' interview*



When I first learned sequencing, I was in teacher training and I felt like a whole world of possibilities opened up for me and my practice. Knowing these techniques have helped me to expand my practice and make my practice sustainable and self-sufficient. Once you know these techniques, you can practice anywhere, anytime, for a lifetime.



There was a lot of information in the webinar, so I've created this workbook to help you apply your new knowledge to your practice. In this workbook you have highlights from the webinar, templates you can print out to use in your home yoga practice and exercises to help you create your own sequences.

Enjoy this journey of self exploration and personal empowerment!

Namaste,  
*Alison*

## Benefits of a Home Yoga Practice:

- Ensures you never “lose” your practice.
- “Compound effect” - a small daily practice gains interest.
- More consistent practice = more consistent benefits.
- Increases “flow”, creating vitality, detoxification, cleansing and restoration in your body.
- Releases stress, calm and clarify your mind, and re-set your nervous system.
- **If you love how you feel after yoga 1-2x/week, imagine how you’d feel if you got that EVERYDAY!**

“ Listening is the practice of yoga. Nothing replaces the home practice. It is a time when you can find your own rhythm, your own breath, your own revelations. It is where the genuine knowledge arises.”

*-Rodney Yee about Home Yoga Practice*

## What to expect from sequencing:

- ✓ You'll feel more empowered and inspired by your practice.
- ✓ You'll have more direction on the mat.
- ✓ You'll have more tools for inquiry into your body and mind.
- ✓ You're practice will have more purpose and meaning than ever before.
- ✓ Practice safe and intelligently
- ✓ Practice to GROW, connect, and explore
- ✓ Practice as medicine– what do I need today?
- ✓ Practice FRESH – create your own sequences, figure out what works for you, new and different each time.

*“Give a man a fish and he'll eat for a day. Teach a man to fish and he'll eat for a lifetime.”*

Learning sequencing and how to practice yoga at home will give you a practice for a lifetime.

## General Template

1. Opening
2. Warm-Up
3. Standing Postures
4. Hip-Openers
5. Core-Strength/Arm Balances
6. Backbends
7. Cool-Down
8. Savasana
9. Closing

## General Template Example

1. Opening - *Chant Aum 3x*
2. Warm-Up – *3 Sun Salutations*
3. Standing Postures – *Warrior II, Parsvakonasana*
4. Hip-Openers – *High Lunge, Low Lunge*
5. Core-Strength/Arm Balances – *Parvotanasana, all 4s*
6. Backbends – *Bridge 2x*
7. Cool-Down – *Supported Bridge, Supta Padagustasana*
8. Savasana – *5 minutes*
9. Closing – *Meditation and reflection*

**EXERCISE:** Create your own General Template Sequence.

**Ideas for Opening:**

- Sit and Breath
- Meditation
- Visualization
- Chant – “Aum” or an invocation
- Pray
- Pranayama – breathing exercises
- Journal
- 

What are some of your ideas for opening? (*list 2-3 more options*)

**Ideas for Warm-Up**

- Cat/Cow
- Variations on Sun Salutation
- “Yoga Tea”
- “Yoga Espresso”
- Postures with short holds or “pulsations.”
- \*Brisk Walk

List 2-3 more ideas for warm-up -

**Ideas for standing postures:**

- Warrior II
- Lunges
- Wide-Leg Forward Fold
- Parsvokonasana
- Utkatasana (Chair Pose)

Write 3-4 more standing postures -

**Ideas for Hip-Openers:**

- Crescent Lunge
- Parsvokonasana
- Standing Splits
- Ardha Chandrasana – Half-Moon Pose
- Pigeon Pose
- \*Quad Stretches

Brainstorm 2-3 more hip-openers you enjoy -

**Ideas for Core/Arm Balances:**

- Headstand or Handstand
- Opposite Arm/Leg extended while on all 4s.
- Boat Pose
- Vasisthasana
- Parvottonasana

Write down 2-3 more core/arm balance options -

**Ideas for Backbends:**

- Cobra Pose
- Hands Clasped Behind Back
- Shoulder-Openers at Wall
- Bridge Pose
- Camel Pose
- Dhanurasana

List 3-4 more backbends, heart-openers or shoulder-openers:



**Ideas for Cool-down:**

- Gentle Twists
- Supta Padagustasana
- Viparita Karani
- Restorative postures
- Seated postures – Janu Sirsasana, Upavistha Konasana

Brainstorm 3-4 more cool-down options:

**Ideas for Closing:**

- Sit and Breath
- Meditation
- Visualization
- Chant – “Aum” or an invocation
- Pray
- Pranayama – breathing exercises
- Journal
- \*\*\*\*Notice the difference your practice makes\*\*\*\*\*

List 2-3 more closing practices:

**Now**, from the postures you've just listed, fill in the blanks for your own general template practice!

## General Template

1. Opening \_\_\_\_\_

2. Warm-Up  
\_\_\_\_\_  
\_\_\_\_\_

3. Standing Postures  
\_\_\_\_\_  
\_\_\_\_\_

4. Hip-Openers  
\_\_\_\_\_  
\_\_\_\_\_

5. Core-Strength/Arm Balances  
\_\_\_\_\_  
\_\_\_\_\_

6. Backbends  
\_\_\_\_\_  
\_\_\_\_\_

7. Cool-Down  
\_\_\_\_\_

8. Savasana \_\_\_\_\_

9. Closing \_\_\_\_\_

## Peak Pose Template

1. **PICK** your “peak pose” – the posture that you want to work on – this may be something that challenges you or just what you want to have as the culmination of your practice.
2. **PLAN**: What do you need to get there? Ask: what do I need to open for (peak pose)? Or what challenges me in (peak pose)?
3. **PREPARE**: What postures can you practice to open in preparation for your peak pose?
4. **PLUG-IN**: use the General Template as a rough guide, but get more focused on what postures you practice based on what you want to do – how you want to transform.

“When I come across a posture I really want to do, I ask myself, ‘How do I have to shift physically, mentally, and in my heart to be able to do that?’ I want to be able to do a posture because I know it will require transformation on all levels.”

*-Darren Rhodes*

## Peak Pose Template Example - Ustrasana

1. **Pick:** Peak Pose = Ustrasana (Camel Pose)
2. **Plan:** What do I need to open for Camel Pose? *Hips, shoulders.* What challenges me in Camel's Pose? *Staying rooted through my legs as I backbend.*
3. **Prepare:** To prepare for Camels Pose, I need to open my hips, shoulders and practice grounding through my legs.
  - a. Good hip-openers: parsvokonasana, high lunge, and pigeon.
  - b. Good shoulder openers: bridge, hands-clasped behind my back, cobra pose
  - c. Good postures to ground through my legs are: Wide-leg forward fold, Uttansana, Up-Dog.
4. **Plug-In** – Now plug these postures into your general template.
  - ✓ Opening – *centering pranayam*
  - ✓ Warm-Up – *3 Sun Salutations (to open shoulders with cobra)*
  - ✓ Standing Postures – *Wide-Leg forward fold and Uttansana (to ground through legs).*
  - ✓ Hip-Openers - *High Lunge, Parsvokonasana, Pigeon*
  - ✓ Core-Strengthening or Arm Balances – *Up-dog*
  - ✓ Backbends – *Hands-Clasped behind back, Bridge, **CAMEL***
  - ✓ Cool-Down – *Down-Dog w/ Bent Knees, Twist*
  - ✓ Savasana – *5 minutes*
  - ✓ Closing – *reflection*

## Peak Pose Template Example - Hanumanasana

1. **Pick:** Peak Pose = Hanumanasana (Yogi Splits)
  
2. **Plan:** What do I need to open for Hanumanasana? *Hips, hamstrings.*  
What challenges me in Hanumanasana? *Lengthening through my legs.*
  
3. **Prepare:** To prepare for Hanumanasana, I need to open my hips, hamstrings and practice lengthening through my legs.
  - a. Good hip-openers for me are: parsvokonasana, low lunge, wide lunge.
  - b. Good hamstring openers for me are: uttanasana, parvotonasana, padagustasana
  - c. Good postures to practice lengthening through my legs are: 3-legged Down Dog, Opposite arm/leg, Standing splits.
  
4. **Plug-In** – Now plug focused postures into your general template.
  - ✓ Opening – *centering meditation*
  - ✓ Warm-Up – *3 “Yoga Tea”, 3 legged dog, opposite arm-leg extended*
  - ✓ Standing Postures – *wide-leg forward fold and Uttansana*
  - ✓ Hip-Openers - *Parsvokonasana, Low Lunge, wide lunge*
  - ✓ Hamstring Stretches– *parvottonasana, standing splits, padagustasana, HANUMANASANA*
  - ✓ Backbends – *Bridge*
  - ✓ Cool-Down – *supta pagagustasana*
  - ✓ Savasana – *5 minutes*
  - ✓ Closing - *reflection*

**EXERCISE:** Create your own Peak Pose Sequence.

1. **PICK:** Brainstorm postures that challenge you, that you would like to improve in, and where/how you want to transform. Write down 3-7:
2. **PLAN:** For each posture write down:
  - a) What you need to get there?
  - b) What do I need to open for (peak pose)?
  - c) And what challenges me in (peak pose)?
3. **PREPARE:** For each posture, write down what postures you can use prepare for your peak pose. Write down 2-3 for each category in the Plan Section.
4. **PLUG-IN:** Once your plug-in the plan and preparation for each of your Peak Poses, you'll have 3-7 practices especially designed for you!

- ✓ Opening
- ✓ Warm-Up
- ✓ Standing Postures
- ✓ Hip-Openers
- ✓ Core-Strength/Arm Balances
- ✓ Backbends
- ✓ Cool-Down
- ✓ Savasana
- ✓ Closing



## Flex Example - Hanumanasana

### Short Version

3 "Yoga Tea"  
 3 legged dog  
 opposite arm-leg extended  
 Rocking Wide-Leg forward fold  
 "pulsation" Uttansana – 5x  
 Parsvokonasana  
 Low Lunge  
 Wide lunge  
 parvottonasana  
 standing splits,  
 Padagustasana  
HANUMANASANA  
 Bridge  
 supta padagustasana

### Long Version

3 "Yoga Tea"  
 3 legged dog  
     - 3 legged dog with twist  
 Opposite arm-leg extended  
 Rocking Wide-Leg forward fold  
 "pulsation" Uttansana – 8x  
 Parsvokonasana  
     - move through cobra/up-dog  
 Low Lunge  
     - move through cobra/up-dog  
 Wide lunge – 2x  
     - move through cobra/up-dog  
 Parvottonasana- 2x  
 standing splits  
 Padagustasana  
HANUMANASANA – 2x  
 Bridge  
     -Urdhva Dhanurasana  
 supta padagustasana

**Congratulations** on completing the Science of Sequencing Webinar and Workbook. These are incredibly valuable resources and I hope you put them into ACTION! Together, with yoga, I believe we can create a different world with new values - including self-care, self-love, health, happiness, compassion, and connection.

If you get stuck, have questions, or need help, I'm only an email away - [alison@yogawithalison.com](mailto:alison@yogawithalison.com). I look forward to hearing about your journey and being able to support you along the way.

Namaste,

*Alison*



## **Resources:**

[YogaWithAlison.com](http://YogaWithAlison.com) - check out the blog for weekly class themes and home practice suggestions.

YouTube Channels: *GypsyYogini* and *HomeYogaPracticeTV*

Develop A Home Yoga Practice Online Course - a six week course to learn the methodology and philosophy of practicing yoga at home. Includes audio and video practices, training on the Art of Alignment and the Science of Sequencing, and more! - *coming soon!*

\*\*\*Note - To learn posture names use google or visit [YogaJournal.com](http://YogaJournal.com)