



How to
prepare and
optimise your
home yoga
practice.

Xone[📶]
by ensō

Xone is enso yoga at home



How to set up a space at home for yoga.

Here are a few tips to help you set up your home yoga practice space:

- 1 Choose a room where there will be as few distractions as possible, away from the busiest parts of your home (ie: kitchen, entry, family room). Not a lot of space is needed, just enough for your mat and a clearance around it of a foot or two.
- 2 Consider the floor - It's much easier to practice on a hardwood or tiled floor than a carpet. You can hold your poses with sustained balance on a more even surface. Using a hardwood floor also reinforces your connection with the element of Earth. No matter what floor you choose, use a thick yoga mat with good traction for your feet.
- 3 Declutter the space to reduce distractions, and create a sense of calm. You might like to add candles, aromatherapy oil diffuser or a salt lamp to add ambience. Keep the space well-ventilated and dimly lit. Perhaps add a special object or treasure to signify the sacredness of the space (a family heirloom, a flower from the garden, a photo of a loved one, something meaningful to you). Add greenery if you like - it will help to remind you of your connectedness to nature.
- 4 Set up your computer or device on the floor past the front end of your mat so that you can easily see the screen.
- 5 Before you begin your practice, tell your family or housemates that you don't want to be disturbed for an hour or so - you might want to set up a 'do not disturb' sign on the closed door to the room in which you are practicing.
- 6 It is easy to get distracted at home, that's why people come to a studio to practice. Commit to completing your practices, no matter what might intrude - people, pets, thoughts of awaiting chores.
- 7 Maintain a clean space so that you aren't distracted by the space needing to be cleaned.
- 8 Switch your phone settings to 'do not disturb', or better still put your phone in another room if you aren't using it to access the practice on.
- 9 Stay a little longer in savasana. When the class has ended, don't be in a rush, move slowly and gently when you are ready.

Namaste.