

Create your Own
Home Practice.

ASHTON GALLON



“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”

— Gandhi



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Always do the warm-up exercises before attempting any individual exercises. It is recommended that you check with your doctor or healthcare professional before commencing any exercise regime. While every care has been taken in the preparation of this material, the publisher and their respective agents will not accept responsibility for the injury or damage occurred to any person as a result of participation in the activities described in this book.



Self-Practice = Success

Dear Reader

This guide was created to help you develop a sense of self-practice. My intention was and still is to provide insight on some of the most commonly overlooked factors that lead to the lack of self-discipline as well as moving for one's own requirements. We are all different and require different forms of movement. There is no such thing as one size fits all.

The guide uncovers the body, mind and intellect, and reasons why the lack of self-practice is slowing down the movement process but also gives concrete ways to overcome this.

I hope you find the information useful and I wish you all the best in your self-practice journey.



Best Regards
Ashton Gallon



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CHAPTER ONE

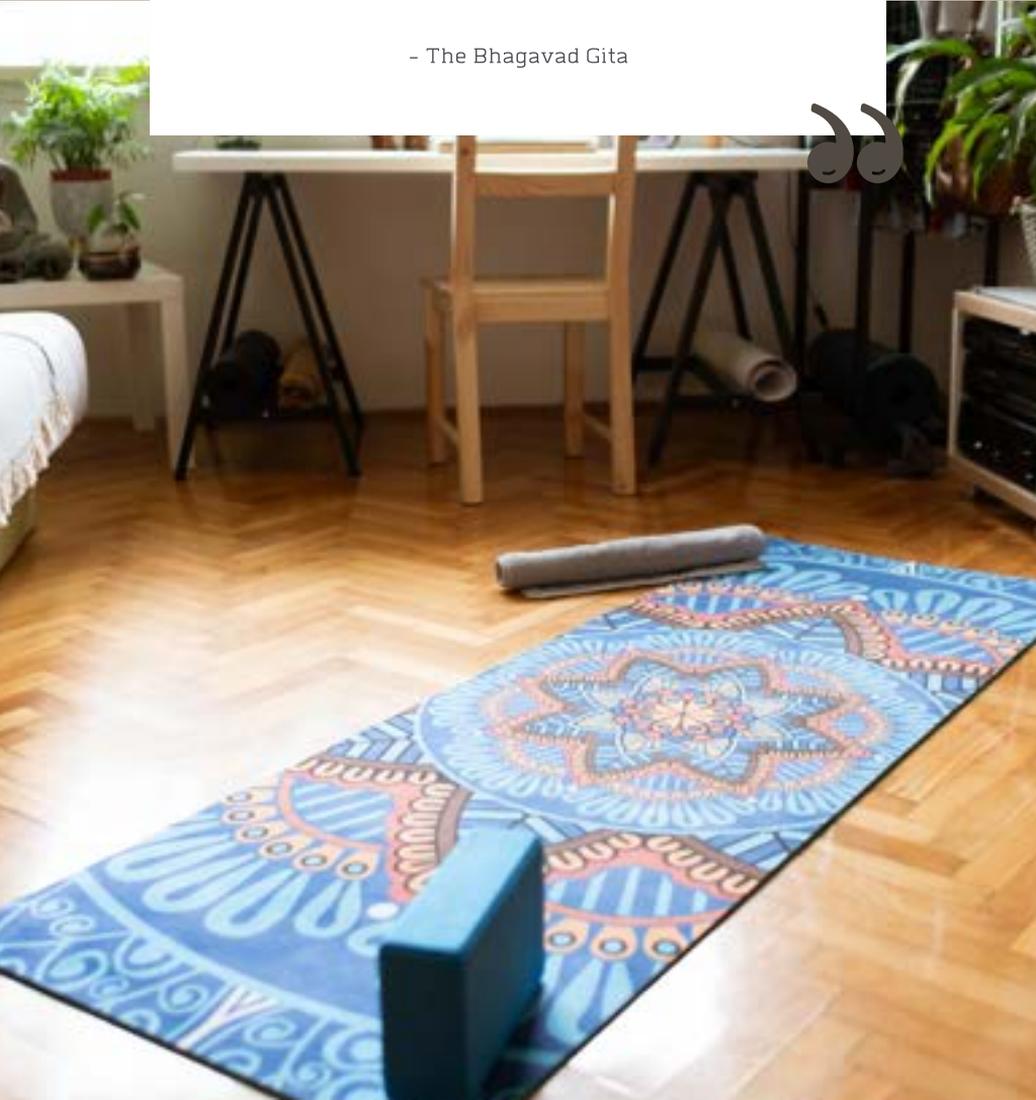
The Basics

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"Yoga is the journey of the self, through the self, to the self."

- The Bhagavad Gita

”



Equipment

To begin your practice, you will need a yoga mat to practice on, as well as pillows, yoga blocks and a yoga strap to help you achieve postures. Think of these items as tools to help you deepen your poses.

I. Yoga Mat

A mat designed specifically for Yoga is thin and sticky, so that you have traction to grip the floor with your hands and feet.

2. Yoga Block

A Yoga block will help you extend your stretch and reach when needed.

3. Yoga Strap

A Yoga strap also extends your reach and enables you to hold poses longer.

4. Yoga Pillow

Pillows can be useful to support your back in reclining poses or add extra padding for the knees.



Creating a home yoga space

Creating a home yoga space is a beautiful way to honor yourself. A space that is meant solely for movement and can help you establish a more consistent practice routine.

The following are a few tips for setting yourself up for a successful and enjoyable home practice by creating an inviting home yoga space!



Step 1: Create space for a mat.

This is really the only requirement for a home practice. Having a designated space to practice will help you stay consistent. If you don't have to think about where to unroll your mat, you're already one step closer to practicing.

You don't need a ton of space! And it's perfectly okay if your home yoga 'studio' is a multipurpose space. You could use a small corner in the living room, or even the space next to your bed. There's always room for yoga, even in the tiniest of spaces.

Step 2: Make sure your space is peaceful.

Your yoga space should be a place where you can bend, stretch and practice in peace.

Choose a space that's near natural light and that's free of noise and other distractions.

Step 3: Keep it clean and organized.

If you keep your space nice and neat, you'll be more likely to use it. Eliminate clutter, putting all unnecessary stuff where it belongs.

An uncluttered space promotes an uncluttered mind.



Step 4: Decorate the space.

Lastly, make it a place where you want to spend time in. This area should inspire you to get on the mat, even on those days you'd rather be scrolling through IG under the covers.

There are many things you can add to your yoga space to make it more calming and inviting.

CHAPTER TWO

Practice

“

Everything we do is practice for something greater than where we currently are. Practice only makes for improvement.

– Les Brown

”



One way to begin creating your own at-home sequences is to familiarize yourself with a basic template that can be modified in many ways.

On the following pages, you'll find the building blocks for a well-rounded sequence made up of eight pose groups: opening poses, Sun Salutations, standing poses, inversions, backbends, twists, forward bends, and closing postures, ending with Savasana (Corpse Pose).

In this basic sequence, these categories progress according to their intensity and the amount of preparation they require. Each pose—and each category of poses—prepares your body and mind for the next so that your practice feels like it has a beginning, middle, and end that flow seamlessly together.

By following this methodology, you'll create a sequence that warms you up slowly and safely, builds in intensity before peaking with challenging postures, and then slowly brings you back down to a quiet, relaxed finish.



Building Blocks of Asana

I. Opening Poses

Opening poses of a sequence wake up the major muscle groups and provide a transition from the busyness of your day to a more internally focused practice.

Next, take a few poses that slowly warm the major muscle groups of your body. Your practice puts a significant demand on your hips, shoulders, and spine, so it's a good idea to incorporate two to four postures that gently wake up one or more of these regions.

Since abdominal stability and awareness are important for all of your poses, you could also choose to start with a few core-strengthening poses to wake up your center.



2. Sun Salutations

Sun Salutations, pick up where opening poses leave off, integrating breath and movement, generating warmth, and invigorating the entire body.

Tailor your practice by deciding the pace at which you want to move, and how many rounds you want to do.

Each movement in the Salutation should last the duration of an inhalation or an exhalation. Depending on your time and energy, you can vary the number of Sun Salutations that you do—as few as 1 or 2, or as many as 15. It's a good idea to warm the body thoroughly with Sun Salutations before you do standing postures so that your legs and hips are ready.



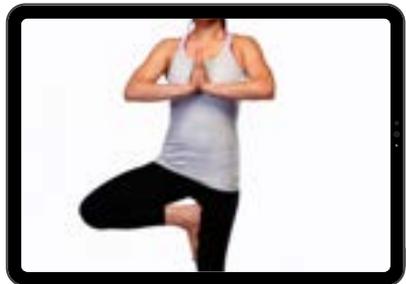
3. Standing Poses

Standing poses create strength, stamina, and flexibility throughout the entire body. They work the major muscle groups.

Standing poses often precede backbends, twists, and forward bends in a sequence because they are so efficient at preparing your body for these poses.

It's a good idea to include at least four standing postures in each sequence.

There are various ways to organize the order of the postures you choose, but a tried and true method is to select poses whose actions complement each other.



4. Inversions

These poses are stimulating to the nervous system and are physically demanding; thus they can be the energetic peak of your practice.

If you're not familiar with these inversions, it's important to learn them under the guidance of an experienced teacher before practicing them at home.

If you're not ready for Handstand, Forearm Balance, or Headstand, simply skip this category or take a long Downward-Facing Dog.



5. Backbends

Along with inversions, backbends form the peak of the intensity curve in this sequence, since these are demanding postures that require a strong degree of effort.

Backbends stretch the front of the body, strengthen the back of the body, and balance the effects of time spent sitting in chairs.



Poses for Winding Down

6. Twists

Twists relieve tension in the spine, hips, and shoulders.

These poses usually produce a balanced energetic tone that is closer to the grounding quality.

Twists encompass a broad spectrum of postures, including reclined, seated, standing, and inverted variations.



Poses for Winding Down

7. Forward Bends

Forward bends typically have a calming effect on the mind, emotions, and nerves, which is why they're often practiced toward the end of a sequence.

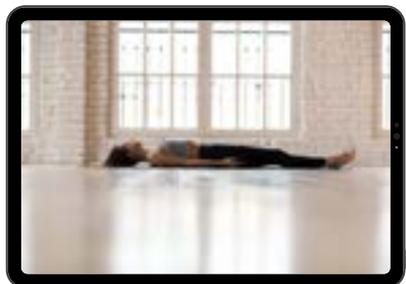
These postures facilitate deep relaxation by stretching the muscles of the back and decreasing the stimulation of the sensory organs.



8. Closing Postures

Closing postures complete a sequence by quieting the mind and relaxing the body. While opening postures focus on waking up the body and generating momentum for the practice to come, the closing postures help you surrender and absorb the practice.

To get the full benefit, you'll want to spend at least 6 to 10 minutes total in these calming postures.



CHAPTER THREE

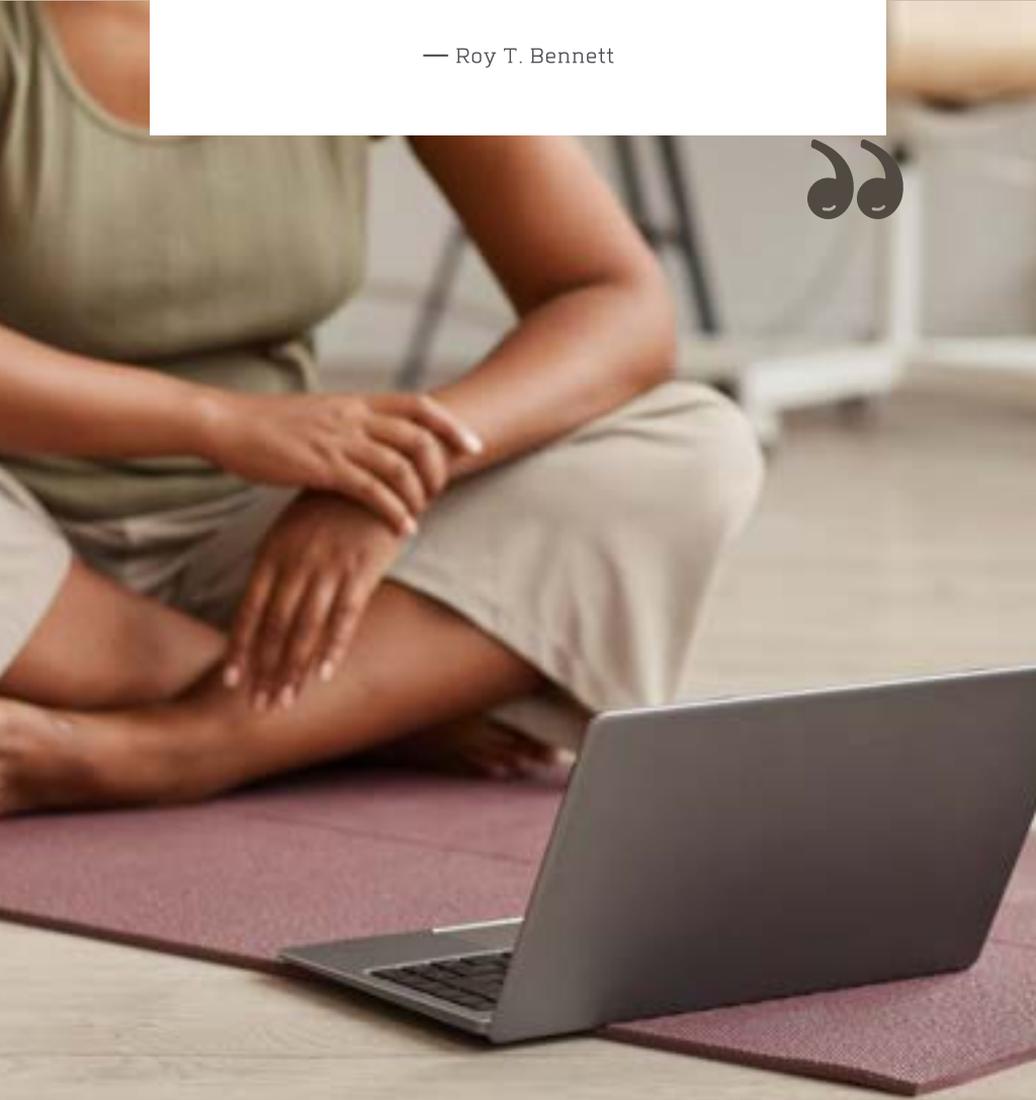
SEQUENCES

“

“The beginning is always NOW.”

— Roy T. Bennett

”



Yoga Flows

The following Yoga flows include two Sun Salutations, followed by 2 sequences designed to suit different needs and varying in intensity.

When carrying out Sun Salutations A and B, you will find that some poses are repeated; make sure that you perform them first on one side, and then the other.





"Starting is not most people's problem, staying,
continuing and finishing is."

— Darren Hardy



Sun Salutation A



1. Mountain Pose



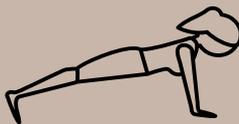
2. Upward Salute



3. Standing Forward Bend



4. Standing Half Forward Bend



5. Step Back into Plank Pose



6. Chaturanga



7. Upward-Facing Dog



8. Downward-Facing Dog



9. Step Forward into Standing Half Forward Bend



10. Standing Forward Bend



11. Upward Salute



12. Mountain Pose

Sun Salutation B



1. Mountain Pose



2. Chair Pose



3. Standing Forward Bend



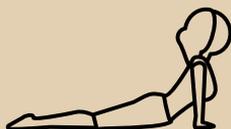
4. Standing Half Forward Bend



5. Step Back into Plank Pose



6. Chaturanga



7. Upward-Facing Dog



8. Downward-Facing Dog



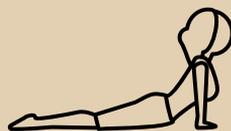
9. Step Forward into Warrior 1



10. Step Back into Plank Pose

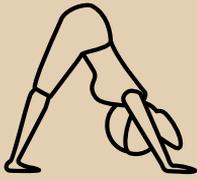


11. Chaturanga



12. Upward-Facing Dog

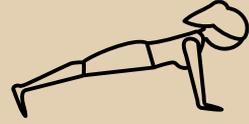
Sun Salutation B continued...



13. Downward-Facing Dog



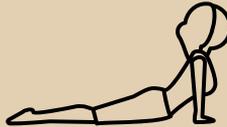
14. Step Forward into Warrior 1



15. Step Back into Plank Pose



16. Chaturanga



17. Upward-Facing Dog



18. Downward-Facing Dog



19. Step Forward into Standing Half Forward Bend



20. Standing Forward Bend



21. Chair Pose



11. Upward Salute



12. Mountain Pose

Hip-Opening Flow



1. Child's Pose



2. Cat Pose



3. Cow Pose



4. Downward-Facing Dog



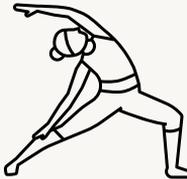
5. Warrior 2



6. Extended Triangle



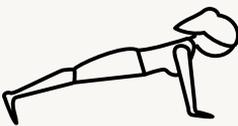
7. Warrior 2



8. Reverse Warrior



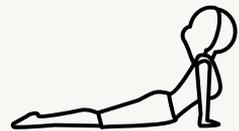
9. Downward-Facing Dog



10. Step Back into Plank Pose

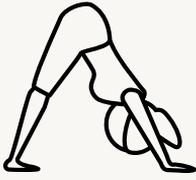


11. Chaturanga



12. Upward-Facing Dog

Hip-Opening Flow continued...



13. Downward-Facing Dog



14. Warrior 2



15. Extended Triangle



16. Warrior 2



17. Reverse Warrior



18. Downward-Facing Dog



19. Cat Pose



20. Cow Pose



21. Child's Pose



22. Corpse Pose

Twisting Flow



1. Mountain Pose



2. Upward Salute



3. Standing Forward Bend



4. Standing Half Forward Bend



5. Step Back into Plank Pose



6. Chaturanga



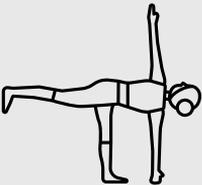
7. Upward-Facing Dog



8. Downward-Facing Dog



9. Step Forward into High Lunge



10. Revolved Half Moon

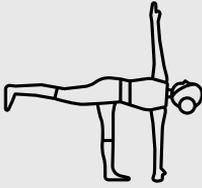


11. Downward-Facing Dog



12. Step Forward into High Lunge

Twisting Flow continued...



13. Revolved Half Moon



14. Downward-Facing Dog



15. Child's Pose



16. Sage's Pose

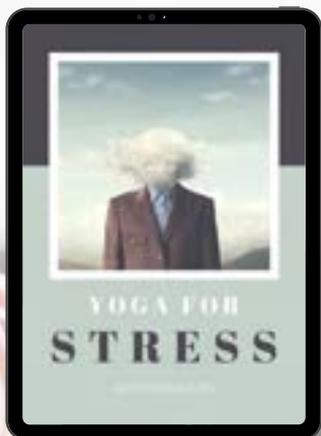


17. Seated Twist

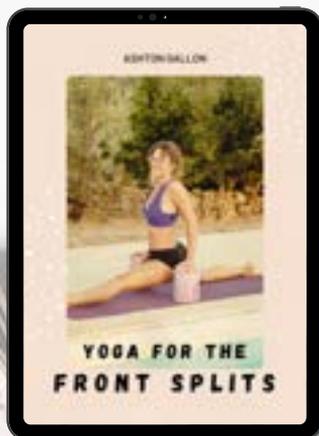


22. Corpse Pose

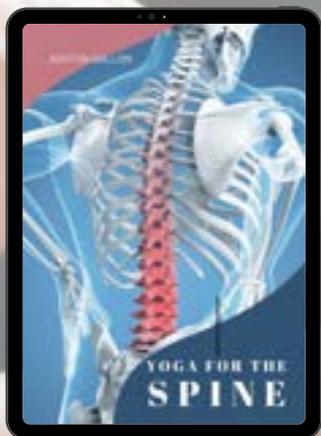
Other Workbooks



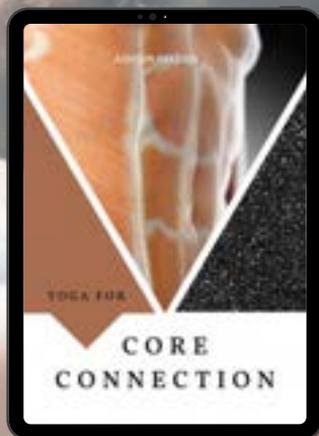
START



START



START



START

Launching 2023!