

Yoga <P class=confirmation>It appears that JavaScript is disabled in your browser. Please enable JavaScript to use all of our site's features.</P> <DIV class=clear></DIV>

Starting a Home Yoga Routine

Member Rating: ★★★★★

[Read All Comments](#) | [Add Yours](#)

Add to Faves

Taking Exercise into Your Own Hands ... and Home

Let me start by sharing: I am a busy mama and wife, writer, and performer. I used to regularly attend a Yoga class I loved, but somewhere between career and motherhood, I've had to stretch my time to cover more, as well as become more flexible in many senses of the word. Staying strong, stress-free, and grounded has become more vital than ever to having enough energy to cope with all the demands of multi-tasking.

So, along with my dear friend/workout partner, we created a flexible schedule and a customized practice that entails restorative Yoga poses, strengthening exercises, and physical therapy stretches. Of course, this workout was approved by our health care providers, which I cannot stress enough! Since most doctors, health care professionals, and therapists are hip to technology and the hectic lifestyles so many of their patients maintain, you can avoid aggravating past injuries or creating new ones with a simple call or email nowadays.

“ We took the approaches, movements, and parts that we found most beneficial to us and created a personalized program. ”

Yoga at Home—My Night Out

Personally, I consider this hour a couple times a week my spiritual, physical, and mental “night out.” My husband, who cares for our child while I take care of me, honors my needs and supports me taking this time because he sees the benefits: I am noticeably calmer, happier, and more positive after a session of meditating and stretching. And whether or not I can measure the impact of this home practice in some scientific manner, I'm sure I'm healthier, happier, and less stressed. And what better

lesson for a little one than to see a parent taking care of herself? Bringing relaxation, bliss, and healthy lifestyle habits into the home is just one more bonus of a personalized home workout.

Get Going, Stay Inspired

Getting started and staying motivated can be the hardest part of establishing a home Yoga routine. Whether you go the partner route (which I find great for encouragement) or establish a schedule for yourself, the key is coming up with a rhythm and routine that best suits you—one you'll enjoy and want to do.

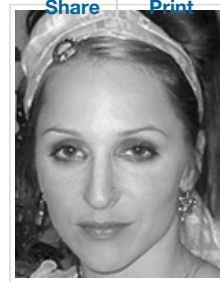
Yoga Classes and Instruction

There's certainly no replacement for the guidance of a professional yogi or fitness instructor. In fact, my friend and I crafted our particular routine based on many different classes, teachers, and physical rehabilitation appointments we'd attended between the two of us. We took the approaches, movements, and parts that we found most beneficial to us and created a personalized program.

Benefits of a Home Yoga Routine

Don't laugh (here's where I get personal), but one of the many things I value about our home practice is that after doing copious rounds of Kegels (you know, the exercise in which you squeeze and release your pelvic muscles), we can pause while I go to pee. When we took formal classes, I felt a bit awkward disturbing other attendees by running to the bathroom, not to mention I'd miss some of the class. Other pluses: we choose the days and times that work for us, as well as the music and environment we're feeling at that moment. Sometimes we're craving a mellow Beck song or jazz playlist that wouldn't fit into a traditional setting. Also, my pal and I use this time to connect and release emotionally, which sometimes involves us chatting (or not), and this certainly wouldn't fly in the conventional ambience, yet it's something we both need and cherish about our time together.

There is merit in accommodating one's personal needs. Sometimes it's just more comfortable, convenient, and practical to get fit on your own schedule, in your own way, in your own space.



Nicole L
Staff Writer
Staff Writer



Don't Miss Out!

Meet other people like you passionate about Yoga.

[BECOME A MEMBER](#)

Beginning a Yoga Program

By Adriene Ingalls

Types of Yoga

By Miriam Nelson

Hatha Yoga 101

By Adriene Ingalls

An Introduction to Vinyasa Yoga

By Adriene Ingalls

Yoga for Stress Reduction

By Adriene Ingalls

[View All in this Topic \(7\)](#)

Cal-a-Vie

Fitness Studio, Massage, Nutritionist, Wellness Resort/Spa
Vista, CA

Agua Spa

Hotel Spa
Scottsdale, AZ

Moss Wellness Spa

Day Spa, Fitness Studio, Hair Salon, Wellness Resort/Spa
Scottsdale, AZ

OneTaste

Meditation, Wellness Resort/Spa
San Francisco, CA

Sense at The Carlyle

Day Spa, Facialist/Esthetician, Hair Salon, Hotel Spa
New York, NY

So go ahead, and take good care of you, your body, mind, and soul. Recognize the divine in yourself and others, or as it's commonly said when practicing Yoga, namasté!

Member Comments

[Write A Comment](#)

Overall Rating: ★★★★★ | [sign in to give your rating](#)



Carlo DeCarlo
Staff Writer
Rutherford, NJ

Beginner's Yoga at Home

Added Nov 09, 2008

If I'm not able to find a nearby Yoga studio that can accommodate my schedule or fit me in, can anyone recommend a good beginner's Yoga video that I can follow at home? And how much space will I need to clear on the floor?

[Reply to this Comment](#) | [Hide Replies](#)



Melissa R

Re: Beginner's Yoga at Home

Added Apr 10, 2009

I have numerous videos to keep me motivated: I really like the gaim yoga videos by Rodney Yee (he has many of them). My first video is probably my favorite: Yoga conditioning for weight loss with Suzanne Deeson. These videos are all available at Gaim.com but I found better prices at Best Buy. You really need a yoga mat. The amount of space you need is the length of your moga matt and about 4 feet or so on either side for side leg stretches. Doesn't take much room at all and I like that.



Ashley W

Re: Beginner's Yoga at Home

Added Apr 15, 2009

I've found that NetFlicks has great workout and yoga dvds. Just log on and search for what you're looking for. If you put your cursor over the DVD cover, it gives you a summary of the workout, which usually includes beginner, intermediate, etc.



Kaya G

Re: Beginner's Yoga at Home

Added Apr 17, 2009

if you have cable try the 30 minute Namaste yoga class on FIT TV. It's free:D all you need is a large towel or mat or lay on carpet:D an once of practice is worth a ton of theory so just go for it!



Mari Gold
Staff Writer
New York, NY

Yoga breathing?

Added Dec 07, 2008

Great article, thanks. Any specifics about breathing for relaxation? I've been shown several times and keep forgetting the basics!

[Reply to this Comment](#)



Victoria Everman
West Hartford, CT

Yoga at home equals delight

Added Dec 11, 2008

I've had a daily at-home yoga practice for over a year and it has truly changed my life ... it is as simple as that!

[Reply to this Comment](#) | [Hide Replies](#)

Re: Yoga at home equals delight

One 75 Minute Treatment for \$100 (You save \$80).

Sugarcane
Facialist/Esthetician
San Francisco, CA

\$1 Pilates class! New Customers only! \$30 value! This coupon is valid for one Pilates class

Uptown Pilates
Massage, Pilates
New York, NY

\$50.00 Gift Certificate from Kings Road Salon & Spa

Kings Road Salon & Spa
Bodywork, Day Spa, Facialist/Esthetician, Massage, Stylist
Menlo Park, CA

Fitness **Yoga**

5 Easy Ways to Lose 5 Pounds

By [Jacquetta Szathmari](#)

InnerRewards Experts Interviews: Food Vs. Fitness, pt. 2

By [Jeffrey Lawton](#)

Sleep Better With Exercise

By [J. B](#)

Articles **Discussions** **Photos**

An Introduction to Vinyasa Yoga

By [Adriene Ingalls](#)

Types of Yoga

By [Miriam Nelson](#)

Beginning a Yoga Program

By [Adriene Ingalls](#)

Hatha Yoga 101

By [Adriene Ingalls](#)

5 Easy Ways to Lose 5 Pounds

By [Jacquetta Szathmari](#)

ADVERTISING