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Let's Dedicate a Yogic Space in Your Home with These 7 Easy Steps

Creating your own inviting and intimate yoga space will uplift your practice and mindset, so here's seven easy steps on how to do that.

This space needs to be an area that helps members of your family to respect your privacy during your practice, especially if you are not able to dedicate a room to yoga.

ONE

Find a suitable space, you don't need loads of space, just enough for a yoga mat. This needs to be an uncluttered area, that helps members of your family to respect your privacy during your practice, especially if you are not able to dedicate a room to yoga.

TWO

Create some ambience, light your favourite candles, burn oils, a diffuser or incense. Calming scents are welcoming and familiar and can help you feel relaxed and present, especially soothing when doing an evening practice.

THREE

Lay your mat down, if you can face the natural light, with the sun warming your face, this can be so soothing and grounding.

FOUR

Grab some props, pillows can act as bolsters and meditation seats, books as blocks, a dressing gown belt as a yoga strap. Place these in a basket or neatly stacked as to inform everyone this is your space for relaxation. Also place a favourite picture or object that inspires you and uplifts your energetic vibrations.

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FIVE

Have some of your favourite essential oils at hand to incorporate into your practice, for example you could place a few drops on your props, on your pulse points (read the labels some essential oils need diluting first in a carrier oil) or tissue to really enjoy the aroma. Also place some of your favourite massage oils or creams nearby, for when you do self massage for your hands or feet during a nurturing and restorative yogic practice.

SIX

Play your favourite musics a playlist that appeals to differing moods from a gentle flow to an upbeat melody. Or just enjoy the peaceful solitude of quiet.

SEVEN

Place a plant nearby, a variegated one, if possible, it not only purifies the air but helps with respiratory problems and is also uplifting and improves your overall wellbeing.

I hope this helps you to create that special place in your home for a healing and yummy 'Touch Yoga' practice, I am so looking forward to seeing you soon.

Namaste
Amanda x🙏