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# 4 Plan Your Practice

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Plan your practice before you get to the mat so you can feel satisfied when you are done, *and therefore will want to do it again.* <--- **very important!**

**What to practice?:** The options for what to practice can be overwhelming. In the beginning the “freedom” of just practicing what you want can actually be restrictive. It’s restrictive because you don’t know what to do and then the practice won’t happen. Not knowing what to do becomes an obstacle.

In the beginning stages, our goal is to establish a new habit--our practice habit. To establish a habit you have to do something repeatedly. To ensure we will be more successful at repeating the practices we need simplicity.

**Option 1:** Ahead of time, print the practice handouts from this student members section. Place one handout next to your mat and glance at it while practicing. We will be adding more handouts and / or sequences as we all progress.

**Option 2:** After you attend class sketch out the sequence with stick figures. While practicing try to recall the class instructions.

## Class sequence sketch



**REMEMBER: Keep it simple!** In the beginning you just need to move your body. Don’t worry about doing it “right” or if you are doing it “wrong”. Also, your practice experience might not be comparable to what we are doing in class--this is totally normal. If a question does arise during your practice, briefly stop what you are doing and write it down somewhere. Then, quickly get back to practicing. Bring the question to class. Everyone will benefit from your question.