

Three Simple Steps to setting up your home Yoga or Meditation space:

1. Investigate where it would actually feel good for you to do yoga poses in your home. Walk around and feel what the different rooms or spaces feel like to you. Perhaps the space at the foot of your bed feels more supportive for your practice than your living room does. Be selective. If you do not feel good in the space, you will not spend time there, and therefore, it will not become your yoga or meditation space.

2. Gather your tools and props. Find your yoga mat and any yoga props you have at home. If you do not own a yoga mat put it on your To-Do list to: *Get One Today*. While you are out, buy two yoga blocks and a yoga belt too. When you have your yoga mat come back for the next step.

3. Energize your space with intention. Put your mat down in your yoga space and have a seat, maybe on your yoga blocks or a blanket. Take a few breaths in and out, breathing gently and evenly. Now bring your hands to your heart and chant *OM* three times. As you know, *OM* is the sound of the Universe, that vast energetic space of unconditional love from which we all originate and to which we all return. By chanting *OM* on your mat, you have invited the peaceful energy of unconditional love into your yoga space.

Beyond these three simple steps, it is up to you to create more of what you love in your space. You might add some inspiration with a small alter or an image that invokes a peaceful or joyful feeling within you. Maybe you have some crystals that inspire you. Or a healthy, thriving plant that makes you smile as you breathe deeply. Also, at least one yoga book and a meditation book that you can refer to for instruction and teaching is a wonderful resource.

Say yes to being on your mat for at least ten minutes a day over the next week and notice how the energy in your space builds as your commitment to your practice builds. Namaste!

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