



4 Proven Ways To Jumpstart Your Yoga Practice on a Busy Schedule

Having a yoga practice has never been more important in our hectic world. In fact, **taking just a few minutes a day to practice can increase both your health and your sense of inner peace.**

Here are 4 proven ways to jumpstart your yoga practice:

STEP #1

Start your journey

- Starting a yoga practice when you're on the go often means making it work anywhere you go. Streaming yoga classes is a great way to start your yoga practice.
- Some criteria to get started include finding a yoga instructor that fits needs, and selecting a media player that fits your wants and budget.



STEP #2

Set intentional goals

- Setting intentional goals for your yoga practice is not just about meditation and routine. You are reaching for your limits in order to overcome them. So set goals that will take your yoga practice to the next level.
- When setting goals, consider tracking your weekly and monthly progress, and celebrating those milestones when you reach them.



STEP #3

Leave your comfort zone

- Many aspects of yoga are challenging in various ways. New stances, holding poses longer, and pushing yourself to a more pure embodiment of each stance can be difficult.
- Sometimes you just need to leave your comfort zone.** Push yourself a little harder with each day or week. Also, if you have a teacher that you enjoy, trust them to guide you outside your comfort zone.
- When you push your comfort zone, take risks and accept failure. Not only will you make failure less likely, but if you do fail, you will grow by serenely trying again until you master each greater step in your journey.



STEP #4

Adopt a routine

- Set a routine and practice minimums for each day. Yoga is something you should do daily, but it doesn't have to be your life.
- Give yourself permission to practice only a few minutes a day. In fact, just 7 minutes each day is all you need to stay in form. You will have time for longer sessions later.
- Don't feel guilty about your shorter sessions. Feeling guilty will not help you achieve the next stage in your path of physical and spiritual enlightenment.

