

# Here's a tip on how to practice online classes effectively

- Find a quiet spot so you can settle
- Create your own home studio- everything starts with the energy you create in your own space (read Wiebke's latest blog on how to create healing energy in your own home)
- Use headphones or buy little speakers to advance your computer audio
- Take 5 min prior so you have time to set up, and get ready and tune in
- Breathe. This will activate your nervous systems rest response and drop you into a restful presence
- Call it out- choose to be here now for this class. Present, grounded & curious.

# Create the best conditions

## Your yoga morning routine:

- how can you prepare your morning in the best way possible so you really looking forward to start the video and practices? (eg make your favourite warm drink, light candles, use essential oils or sage, prepare everything in the evening and go to bed early.

## Your yoga day routine:

- Organise your day ahead. Do you need to perhaps schedule the video's at a certain time depending on your work and family comittmens?

## Your yoga evening routine

- Take consciously sosme time for yourself in the evening. Tune in, let go of your day, what did you learn, what are you grateful for? You can also light candles and create a little sacred place for you to retreat to after a busy day before you start your practice.

Sometimes the biggest life challenges can lead to the greatest transformations.

These simple tips can help us to continue our yoga practice and are particular helpful for online classes to help us focus and ground.

Your biggest cheer squad.

Wiebke and team

