



Your OUTDOOR YOGA GUIDE

So many Yoga-asanas reflect nature or animals, and that is no coincidence. These poses help you to connect more deeply and be in harmony with nature, time, and the cosmos. By practicing yoga outside you can intensify your experience and take advantage of the elements!

Yes, it is different practising outdoors, so just a few pointers to help you make the most of it.

Your MAT

Use your mat to help keep a balanced even surface, so your joints will appreciate that and so will your balance postures too!

If you are precious about your yoga mat, you could put some protection underneath it?

Always check the mat is dry before rolling it up again, otherwise mould may start to appear. So perhaps bring a small towel to rub it dry after use, or an airing on your washing line would be great idea when you get home – don't forget!

Your CLOTHING

Wear layers as we do indoors, so we stay warm/cool, and if we are lucky, offer protection from the sun and also other elements.

Embracing the elements is part of the enjoyment of practising outside. Consider wearing sun block where necessary or bring a wrap for when seated, we usually don't lie down for too long, but this depends on location and amount of privacy.

Keep HYDRATED

It's always a good idea to be hydrated, however, perhaps not drinking too much when practising as there may not be access to toilets. So, bring a drink with you to hydrate at the end of practice.

Your NATURAL ENVIRONMENT

Embrace the elements, don't fight them!

The conditions don't need to be perfect for you to take your yoga practice outside, instead, you can learn to embrace the elements rather than fighting them. The sun can remind you to deepen your poses with its warmth, and the breeze can help you to focus on your breathing. Tuning into nature can be very nurturing for your nervous system and enlivening for your prana. In addition, I already orientate my classes by the season, so embrace what the season is giving you!

Most of all, we practice yoga because we love it, we love how it makes us feel, so enjoy, and make yourself feel happy!



Namaste Linda

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