**Asana Practical: My Home Practice / 15 points**

**Foundations of Yoga**

For this assignment, I would like you to design a home practice to help you continue with yoga when this course is over. *This is not an ideal practice.* This is a practice that addresses what **you** like best and what you know you need most. Please type it up as a sequential list that includes:

1. Centering
2. Warming Up
3. Postures (forward bends, back bends, twists, inversions, balance poses)
4. Pranayama (this should be done where appropriate)
5. Relaxation
6. Meditation

Make sure that you include work in each category. Your practice should be about 30 – 45 minutes long. Imagine that you will be doing it at least a couple times each week. (**5 points**)

Next, **please record yourself** performing your home practice. Have some commentary that explains what you are doing and why. It does not need to look anything like a professional yoga class. I would like the opportunity to hear your voice and see what you are taking away from this course to support your continuing yoga journey. You can make it a private video on YouTube. That is probably the easiest and most secure. After grades are done, you can keep it or take it down at your own discretion. Please let me know if you need any help or guidance as you develop your design. (**10 points**)