

Download Yoga At Home Inspiration For Creating Your Own Home Practice

Charlotte Bradley Founder, YogaFlavoredLife Want to energize your yoga practice? Join me each week for yoga tips, sequences & inspiration. I look forward to sharing my best with you. Designate time for yourself every day. Set a specific time for your yoga practice every day. Make sure all that electronics are turned off or unplugged, no one is coming over, and everyone in your household is either not home or otherwise occupied. Technically, you don't need anything but your own body to practice yoga. However, having equipment you truly enjoy using, particularly equipment you feel proud of, can help you create the "space" and atmosphere in your home that encourages a continued practice. Liz Huntly is a mover and shaker, a barefoot philosopher, a collector of languages. She mostly lives in Cologne, Germany, but feels at home anywhere she can comfortably get into vrikasana. She's infinitely curious about the body & the breath, plants, art, magic, beauty, failure, and how to find the sweetness of being lost in the world.