



# Armidale Yoga

## **Introduction to Home Practice sessions**

Traditionally yoga is practiced first thing in the morning, before breakfast, so that you have an empty stomach. You can however practice at other times of the day or during the evening if this suits your routine better.

You may choose to combine practices from different levels or include others so as to create a home practice that suits you. Please only work with practices you are comfortable with, and work at the level of practice that suits you at this time.

There is a Yoga Nidra audio recording on our website that you can download as an MP3 file, or you can use any other version of Yoga Nidra that you may have.

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