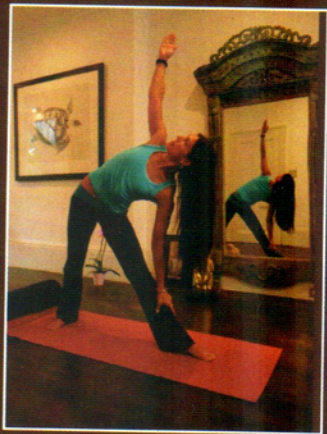


My sanctuary

Top teacher Tara Lee (taraleeyoga.com) tells OM how she incorporates yoga into her home life

Practising at home can be difficult, especially if you have young children running around. I try and choose times when they are at school or nursery. I also practise some fun yoga with them at home. I have created a space in my living room by just moving the table out of the way. I have collected some nice buddhas and have a beautiful lamp as lighting is very important. I also have speakers in the ceiling to play music, which adds atmosphere. I use my yoga room at my house to teach a class to the mothers from my daughter's school once a week.



Find a good yoga DVD if you are relatively new to yoga or find it difficult to get to classes, so you can be guided by a teacher in your home, and eventually move on to practicing on your own. Many of my students will come to my classes (at The Life Centre) and then use my DVDs if they want to do some yoga at home or if they go abroad. It can also be useful for new mums who can't get to classes to be able to do a little bit of yoga at home with their babies. One of the great things about practicing at home is that you don't have to go anywhere after your savasana (relaxation): you can stay lying down relaxing for as long as you like!