

Yogaworks

Jason Crandell - advice on practice on the New Year

Your practice is yours and yours alone. There is no one to impress, so just enjoy your practice and the process of learning about your body and mind.

Considering that this your practice, focus on the things that you genuinely love. Don't let guilt, shame, expectation or some other nonsense dictate what you do on the mat.

Be consistent and remember that a little goes a long way. Practice very regularly without making excuses - the effects of your practice accrue over a long stretch of time. But, let go of the burden - short, sweet practices are incredibly valuable (and, they're not so difficult to do if you're doing what you love).

Pick a few things that you want to develop in your practice and focus on them for a while. Most of us tend to be more consistent when we have a direction to follow.

Practice other dimensions of the yoga tradition, such as pranayama (breathing exercises).

Take ALL pressure off yourself and your body image when you practice: don't film yourself or take photos of yourself practicing. Practice when it's time to practice. Market when it's time to market.

Do something entirely new in your life. Be a beginner again. This may inspire you in all your facets of life - including your practice. And, while you're at it, read a book or two. Only consuming short-format, clicky, scroll-based stuff is making us dumb af and we can do better.

https://www.instagram.com/p/CYJ5iF4FH63/?utm_source=ig_web_copy_link

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