• 5: Warm up before doing intense yoga postures
   This is an absolute must, else you may be at risk of straining your muscles. Start by warming up your body and do a few body stretches to bring flexibility, before moving on to more intense yoga postures.

• 6: It is your own body; be gentle on it
   Respect your body and do yoga poses gently with a smile. Doing them increasingly fast or going beyond what your body can take will not bring faster results. It will only make the practice more difficult and painful.

• 7: Be consistent
   It is very important to be regular with your yoga practice – make it a part of your daily schedule (as mentioned above, find a time slot where you can comfortably fit yoga in) and then it would be easier to make it a habit. Krishan Verma, senior Art of Living Yoga teacher says, "Twenty minutes of daily yoga practice is more likely to show positive results sooner than two hours of occasional practice."

• 8: Make yoga time as ‘family fun time’
   When you practice alone, it might get boring after a while or you may simply become lazy. Try doing it with family or friends and see the difference. Practicing yoga at home can be a great way for a family get-together. Learn more about how you can enrich your family time with yoga.

• 9: Include a variety of yoga techniques
   Practice a variety of yoga poses and breathing techniques, or if you are crunched for time, you may fix a set of practices to be done daily and then treat your body with the complete package on a Sunday! Also, be sure to end your yoga pose practice with Yoga Nidra. Remember that yoga practice does not only include yoga postures. Our home yoga sessions should also make room for other techniques such as pranayama (breathing exercises), meditation, and Sudarshan Kriya (if you have done the Happiness Program).