

# Setting up your space

Creating a space helps you to create a softer mood. It invites you to practice at least for a few minutes and you will be more successful in committing to a regular practice.

## You need a small space

As long you can fit your mat or chair, you can set yourself up in a smaller space at home.

I can review with your set up during our Welcome Call.



## Get rid of distractions (if possible)

Turn off notifications and sounds on your devices.

## Have supports nearby

Set up where you can access supports like a wall or a chair. Keep your other supports nearby so you can use them if you need them and you don't need to step away to get them.



## Lighting, music

Try to set up a place softly or well lit. Maybe you enjoy having a bit of soft music in the background or nature sounds. I use a waves crashing recording for my personal practice.