

# 10 Magical Practices for Home

Inspired by Sharon Gannons Book  
"The Magic 10 and Beyond"



## Start the Day with Gratitude

As soon as you wake up, you can silently express or write down something you are grateful for. Remember the prayer "Lokah Samastah Sukhino Bhavantu" ensuring your thoughts, words and actions for the day contribute toward the happiness and freedom for all.



## Give blessings

Spend 5 minutes sending blessings to whoever comes into your mind. As you breath in, silently say "Blessings and love to" As you breath out, silently say "the name of the person"



## Feed others first

Before you feed yourself in the morning, feed the others in your household including your pets. If you live on your own, feed the birds with a fresh organic bird seed.



DOWNWARD DOG  
10 BREATHS



STANDING FORWARD  
BEND  
10 BREATHS



SQUAT  
10 BREATHS



TIPEE TWIST  
5 BREATHS EACH SIDE



HALF SEATED SPINAL  
TWIST  
5 BREATHS EACH SIDE



TABLE TOP  
10 BREATHS

## Asana - Postures

Information source

The Magic 10 and Beyond book by Sharon Gannon  
View video with Sharon Gannon on You Tube for full instructions



HANDSTAND  
5 - 50 BREATHS



CHEST EXPANSION  
5 BREATHS



SIDE BENDING  
10 BREATHS SIDE TO  
SIDE



STANDING SPINAL ROLL - 16 BREATHS

## Dance



Dance on your own, even just for a couple of minutes to lose inhibitions, develop musicality and increase joy. It's a good way to increase blood circulation and heart rate, stimulating the cardiovascular system.

## Cleanse - Uddiyana Bandha



- Start standing, legs slightly wider than hips
- Inhale full breath through your nose
- Exhale through mouth, bend knees, palms on thighs, straighten arms, lift diaphragm under ribs
- Bring chin to chest, close eyes, gaze upward
- Hold the breath out for silent count of 10 (or whatever you can manage)
- Stand up, Release chin
- Inhale
- This is 1 round. Repeat twice more.

Uddiyana means "upward flying". If done correctly, the diaphragm lifts and embraces the heart, enhancing circulation.

## Cleanse - Kapalabhati Kriya



- Start sitting comfortably
- Spine extended tall, chin parallel to the Earth
- Close eyes
- Take a full breath in through both nostrils
- Then exhale sharply, strongly lifting the diaphragm up
- Repeat, allowing for a passive inhale between each exhale
- Do 3 rounds of 10 pumpings
- Take a few normal rounds of breathing between each round

Kapala means "head", Bhati means "to polish". Through regular practice the mind is cleansed of negative thoughts.

## Pranayama Conscious Breathing

Regulate your breath, regulate your thoughts, regulate your life.



1. Exhale both nostrils  
2. Then Inhale right nostril



3. Close both nostrils,  
hold breath in



4. Exhale left nostril



5. Close both nostrils,  
Hold breath out



6. Inhale left nostril



7. Close both nostrils, hold breath  
in



8. Exhale right nostril



9. Close both nostrils,  
hold breath out,

This completes 1 round. Do another 7 rounds. Remember not to strain the breath. Make sure the count is equal and comfortable at each stage.

# 3 Step practice: Meditation

Step 1: Choose a comfortable seat

Step 2: Be Still

Step 3: Focus. On your breathing. Every time you inhale silently say the word “Let”. Every time you exhale silently say the word “go”. “Let Go.

Set a timer for 5 minutes or more.



## Relaxation

To relax is to become receptive.

Relax and let go of trying to control everything. Give yourself permission to stop doing, stop talking, stop planning and figuring things out, instead quiet down, listen and receive. Surrender your body, mind and sense of self to a higher source. To surrender is to let go. In letting go, it all gets done. In letting go, you let God.



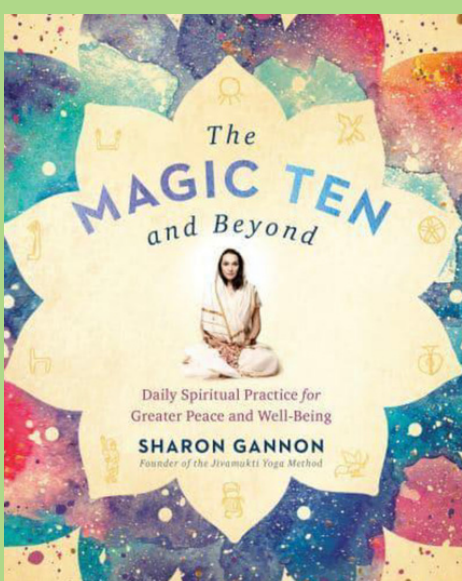
- Lie down, place a pillow under your head and rolled up blanket or bolster under your knees.
- Scrunch up your fists, face and whole body to create tension. Then relax it and let it go.
- Send conscious suggestion to relax every part of your body as you name it, starting with your toes and moving up.
- It can be helpful to listen to a guided relaxation.

## A few words of warning

- Your body is a precious vehicle, please treat it with respect and listen to what it is telling you. You are responsible for your body.
- Practices like Kapalabhati and Uddiyana bandha are not recommended for people with blood pressure irregularity. They are also not recommended for people who are pregnant.
- If unsure whether to begin any of these practices please consult your Doctor. Remember your yoga teacher is not a doctor (well they may be!) but they will do their best to guide you in a safe manner.

## A few words of encouragement

- Beginning any new practice can be daunting, you can start with any one of these practices and begin with that. Begin where you are and with what feels comfortable for you. Don't stress about doing them all at once.
- After some time, maybe a week at a time, you could start introducing more and more of these practices into your routine.
- You can experiment with the order you do these practices
- You can practice different practices at different times of the day, if you don't have time to do them all at once, scatter them through your day, but try and do them consistently at the same time each day.
- Do your best, let go of the rest.



This handout has been created with love by Leanne Leela-Devi Jones, a certified Jivamukti Yoga teacher. For full descriptions on these Practices in the blessed words of Sharon Gannon, Jivamukti Yoga co-founder, please purchase or borrow “The Magic 10 and Beyond” book or seek expert advice from your local Jivamukti Yoga teacher.

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