

# Yoga Travel Checklist

7 tips for maintaining your yoga practice when you travel

**Go with what you know.**

Being in a new, less predictable environment can present a challenge. Remove one of the challenges by picking a sequence of poses (e.g., a sun salutation) that you are very familiar and comfortable with.

**Time of Day.**

Identify a time of day that will make it easiest for you to follow through with keeping up with your practice. For most people, it is the morning, especially if you are traveling with others!

**Equipment.**

Less is more. Bring yoga clothes that you can wear more than once. Don't overpack the number of yoga outfits! There are several convenient travel yoga mats, but I personally recommend a yoga towel, which provides some traction on one side AND takes up even less space than a travel yoga mat.

**Other Aspects of Yoga.**

Remember that the practice of yoga also includes breath work, meditation, studying yoga philosophy, and cultivating healthy relationships with other people, yourself, and nature. Broaden your idea of "practicing yoga" to include some of those things while you travel.

**Communicate.**

If you are traveling with others, whether they are yogis or not, COMMUNICATE about your intention to practice. You might be surprised to receive some social support to help you stick to it. At minimum, most people will try to accommodate you, if they can.

**Research and Plan.**

Plan AHEAD. Look up any possible yoga classes at your travel destination. Check to see if your hotel has a fitness room. A little extra research ahead of time will help you set goals that are in line with your environmental circumstances.

**Be Kind to Yourself.**

Be kind to yourself as you attempt to maintain your yoga discipline on the road. Missing a day, or only having time for a brief practice should not be reason for punishment or unkind words to yourself.

