

Asana:

When working with the ankles/feet, we have added printing our name with capital letters and then small. As full size as possible, you can hold the leg up, if that is more comfortable during the movements, as well as do the entire alphabet.

Continuing with the Yoga Snacks....

1. Childs pose (Balasana) to Up Dog (Bhujangasana) -curling the toes under for up dog, you can also add Down Dog
2. From a kneeling (Bhujrasana) position reaching up with the arms to bringing the forehead down to the mat with the arms ending beside the body/hands on the sacrum facing up.

Sitting in Easy Pose (Sukhasana): which was easy when we were children but now may take some practice again to enjoy comfortably. Our goal is steadiness and ease. Find that place of release which sitting on a stack, if necessary, of pillows/blankets to level the knees with the hips.

Can be begun sitting against the wall for support of the natural curves of the back. Feel your position on your sitz bones as we did in class. Suggested to do every day, maybe 2-3 times but only for a minute with switching feet cross over.

During most of this work if you are feeling very tight in your hamstrings, just raise the knees a little and use a small towel under each for support. How much you bend them is an individual call since we are all unique.

Sitting with legs widespread off the mat (Upavista Konasana), feel how the tight hamstrings play a role in the following movements. Always with a flat back and not leading with the chin or head but with the heart. Think about a posture pole from tailbone to the top of the head.

We did several movements: FF=forward fold with flat back

FF with legs open.

FF with one leg bent and bottom of foot at top of inside thigh.

Twisting at the mid-torso to face bent leg and FF -can be restorative with props

Twisting at the mid-torso to face straight leg and FF

Facing bent leg with outside arm reaching up next to corresponding ear and opposite hand sliding down extended leg. Feel the lateral stretch begin at the waist and grow.

Be mindful, less can be more, honor your body.

We also reviewed **Sun Salutations**: either using the chair or free standing. Please check them out in detail on my DVD with multiple versions. Breaking down specific movements and repeating for building strength and endurance. Remembering the true importance of the breath and using it as “....” around the movements.

Homework:

How about seeing how many places around your environment which are conducive to practicing **Down Dog**? A great stretch for the hamstring but be mindful to keep the flat back, take it slow and hold long. Continuing over time until you are in an inverted V, with arms and legs strong and wide!

Sitting in the evening, either watching TV or reading? Consider getting down on the floor and stretching or just relaxing in a supported (use a foot stool or some books/pillows to rest the head or prop up the arms if watching something) Seated Forward Bend or version of, watch the stretch happen if you stay with it over a period of time on a regular basis.

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Readings:

In a study published in the journal Psychological Science recently, neuroscientist John Jonides, Ph.D., and his colleagues measured students' performance on tests of memory and attention before and after taking a walk. One group strolled through a beautiful arboretum near the campus of the University of Michigan, and the other walked in downtown Ann Arbor.

The researchers discovered that those who walked in nature improved their test scores by 20 percent, while those who walked in the city showed no improvement (moreover, they reported a decline in perceived well-being).

The researchers concluded, "In sum, we have shown that simple and brief interactions with nature can produce marked increases in cognitive control. To consider the availability of nature as merely an amenity fails to recognize the vital importance of nature in effective cognitive functioning.

Music: Steve Halpern "Music for Yoga"

Essential Oil: Pep Talk -Peppermint with Sweet(Wild) Orange, Fractioned Coconut Oil as carrier.

Quote: Max Strom from his book "A Life Worth Breathing".

"Removing the Armor"

Removing our armor is done partly through breath and postures and intention, but it also takes conscious attention on our pat as we move through our day.

Practice being open to everyone as if they were part of your extended family. Move through your day as if it were your charge to encourage joyfulness and calm.

Pay special attention to those in lower social positions and in the service industry. Address people in service positions such as visors/waitresses, as 'sir' or 'miss', since they are often ignored altogether and regularly treated as slave labor. It is important for them - and for us- to treat them with extra respect. Stop and talk to the parking lot attendant; look him in the eye and thank him instead of just giving him the money and leaving, or, even worse, talking on a cell phone as you interact with others is demeaning and makes them feel like a nonentity.

If your true wish is unity and transformation, this kind of behavior must cease forever. As seekers of truth, it is incumbent upon us to treat everyone with respect and care. This exercise will bring an unexpected vitality to your life, relationships and reputation.

P.S. Share how good it feels to have **eye contact** with glass in hand, acknowledging the other person, before beginning the meal. Our children loved doing this when they were very young, continue to and we have all shared this simple acknowledgement with friends and family through the years. Try it with whomever you share your table with and see how it grows. Enjoy!

Miscellaneous:

New Workshop:

The subject will be: **Feet! "As Below, So Above"**

In this workshop we will actively deal with the feet. How well do you know your feet?

Please find details in Sangha Newsletter last week plus on the website:

(The photo was taken by myself while in Savasana -with legs up the tree, during an early morning yoga class in the Berlin Tiergarten Park/Potsdamer Platz.

<https://yogatherapyalacarte.com/2016/07/10/new-yoga-therapy-workshop-as-below-so-above/>

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