

Asana:

Breath of Fire (see PDF) with **Chair Pose** (Utkatasana)

Mountain Pose (Tadasana) -free standing and at the wall checking posture/alignment

Using the block at the wall for **Lunge** and Lunge with dips, working on strengthening the leg while being mindful if one has a knee issue.

We worked on **getting up from the floor** without using hands when possible (beginning on one knee, stacking the body, back toes curled under), instead maybe just using the wall for balance. To be included in a daily practice.

Working on **Balance** at the wall with a very close Drishti (point of focus). Beginning with all ten finger tips on the call for balance so we could lift the heels, toes, foot etc. as needed from side ways weight shifting to **Tree**.

Legs up the wall with a simple series of stretches before. If sandbags were available they were then used for setting a little weight on the bottoms of the feet during Savasana (this Savasana included Legs up the Wall).

Readings:

Home Practice: The Best Way to Improve your Health and Well-Being by Dr. Timothy Mc Call

"If you are taking yoga classes but not practicing at home, you may be missing the best - and potentially most therapeutic - part of yoga. Your personal practice is where the deepest work happens, when you go inward and go at your own pace." -from *Yoga as Medicine*

But now scientific research seems to back up the notion that a regular home practice really is the key to health and well-being, perhaps particularly so as we get older.

A study recently published in the journal Evidence-Based Complementary and Alternative Medicine by researchers at the University of Maryland and the National Institutes of Health found that, among more than 1000 practitioners of Iyengar yoga, the frequency of home practice predicted positive health more than how long you've been practicing or how many classes you attend per week.

According to the article "Frequency of yoga practice predicts health, results of a national survey of yoga practitioners: mindfulness, subject I've well-being, BMI, fruit and vegetable consumption, vegetarian status, sleep and fatigue." In other words, those who practice at home the most reported better health and well-being, greater awareness of themselves and other, improved sleep, less fatigue and healthier body weight

They were even more likely to eat their vegetables!

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Music: Various

Essential Oil: Grey Matter -peppermint and camomile

Quote: *First page of the Introduction to the book “A Life Worth Breathing” by Max Strom*

We can do more with our life. We all know it, we all wish for it, but just how to do it -that eludes us.

As one man describes his life, “ In the morning I can’t wake up, in the day I am bored, in the evening I am tired, and at night I can’t sleep.” In if we want to change, we’re not sure which path to take, and if we do find our way, we are usually too emotionally wounded, physically unhealthy, emotionally stressed to take the steps we know would transform our life into a more meaningful one.

Most of us also long to change this troubled world, but the one thing we have the most influence over is the person looking back at us in the mirror every morning.

We live in a fear of terrorism, but in actuality, the most devastating terrorism comes from within as we continue to sabotage ourselves. A neglected body, chaotic mind, or wounded heart will prevent us from fulfilling our destiny as mutes any outside enemy.

We know that we deserve and are meant to live an inspired life that rises above mere existence - but how?

First: Heal the Body. With the body revitalized we can function at a higher level in all other aspects. **Learn to govern the body so the body doesn’t govern you.**

Second: Calm the Mind. The more still and clear your mind is, the better your decision making process will be, allowing you to choose from wisdom rather than fear or desire.

Third: Heal your heart, your emotions. The more your heart is open and filled with joy and **gratitude**, the more you will enjoy life and be able to shine your light out into the world. The more light you shine into the world, the more you can help others with your very presence.

Change needs to occur simultaneously in all three aspects -body, mind, and emotions - resulting in a new state of being for which there is no price. You will begin to live a life you have always known you would like, a life with meaning, a life full of love, a life worth breathing.

Miscellaneous:

I saw the **Mexican Blankets at SoCo**, the indoor shopping part of the complex(near Portola). The shop is called “Local Fare” and they were priced at \$15.(80% Polyester/20%Cotton) If you walk around you will also see them at another shop where they are marked as ‘Beach Blankets” for \$34. very similar, possibly a little wider but the shop could not find the material content.

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