

Asana:

We didn't do anything new this week but mostly reviewed and did basic asana since I have no idea, how much one did or did not do, during the last few weeks when we did not meet for classes.

The following is a description of a few movements which we did spend more time on and have not done recently.

Description:

A version of '**Reclined Bound Angle Pose**' (**Supta Buddha Konasana**) which helps prepare us for a full standing tree pose.

The version we did this week was '**happy baby**', otherwise referred to as 'dead bug' followed by '**cobblers pose**'.

Begin laying supine in either bridge or legs directly up over the hips. Take a strap and put it over the bottoms of both feet, bend the knees keeping them open with hips wide bringing the heels, as much as possible, open and perpendicular to the knees.

Either using the strap to hold the posture or take the hands and wrap them, from the outside, over the bottoms of the feet. Keeping the arms inside the legs as they help to keep the knees wide and open.

Imagine you are standing in a squat position with your feet on the ceiling.

A little rocking, side to side, can feel good on the back. Shoulder blades on the mat and eventually being able to release the torso more on the mat from tailbone to shoulders, with the feeling of sinking deep as the hips and sacrum drop towards the floor.

Physical Benefits:

Isolating the hip sockets and opening the hips/groin area gradually, elongating the spine and keeping the body back resting on the mat.

Adaptations/Variations:

Legs not bent as much if the knees are an issue.

Flow To: 'cobblers pose'.

Description:

Bringing the bottoms of the feet together, the heels towards the groin area and the toes pointing directly up to the ceiling. Knees are wide apart.

Physical Benefits:

Isolating the hip sockets and opening the hip/groin area gradually, elongating the spine and keeping the body back resting on the mat.

Adaptations/Variations:

Help Your Health - The Weekly Review - #05 Autumn 2016

Sitting up against a wall and possibly on a bolster/pillows etc. in order to get the knees equal or lower than the hips, with bottoms of feet together this can be called 'butterfly' or Baddha-Konasana. Keeping the body, from buttocks to head, as much as possible on the wall, you can honor the natural curves at the waist and neck but otherwise be tall with good posture.

A sliding version of cobblers pose can be done laying in bed also, this would be a good way to begin reaching for the ankle and holding it with the hand of the same side arm, keep the foot flexed and if the knee is up you can add a pillow under for support. Of course, do both sides.

Sitting in the Chair:

Single sided is possible and a good stretch.

Always be mindful of the knees when doing this pose in any version, go slowly and if they do not like it, then stop. Listen to your body.

Breathing/Meditation:

1-2 minute Mantra Meditation, relaxing in Savasana and mentally repeating "SoHum" or "Shanti" or your choice, keeping the monkey mind busy with a mantra.

Music:

3 different albums by **Parijat**: "Offerings" "Reiki Healing" " The Healing Path"

The Savasana music is all by George Winston.

Essential Oil:

did not use any this week in class but all previous selections are available at the following retail outlet:

In Old World Village at The Living Temple, a retail shop specializing in products for healthy living, ask for Robin. <http://www.thelivingtemple.com/>

Quote:

One of the most difficult things is not to change society - but to change yourself.

-Nelson Mandela

Miscellaneous:

We discussed the up coming challenge for 2017. Hopefully you did receive my email last week, if not please let me know. If you missed class this week and would like to join just let me know and I will add your name to the list.

Suggested readings:

Yoga for Osteoporosis and Yoga for Arthritis (both books available on Amazon)

by Dr. Loren Fishman M.D. a professor at the Columbia College of Physicians and Surgeons.

http://well.blogs.nytimes.com/2015/12/21/12-minutes-of-yoga-for-stronger-bones/?_r=0

Important Disclaimer

The news, suggestions, information, exercises and other items in this list are intended for informational purposes only. Not all exercise is suitable for everyone. To reduce the risk of injury, please consult your Doctor before engaging in any physical and/or therapeutic exercise program. Nothing is intended to be a substitute for professional medical care.

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