

**Asana this week:**

**Dolphin**

**Frog: Wall and Door**

**Getting Up** (from the Floor) also helping someone else.

**Standing Up** (from Sitting)

**Dolphin:**

Begin in Table Pose, interlace hands and place the outside of hands on the mat (be careful to slide in and place your bottom picky finger behind the other so there will be equal weight on both).

Placement of the knees will change with strength and ability as the closer they come towards the elbows the more difficult the range of the movement will become. Always keeping the buttocks up and in dog tilt.

Slowly bring the shoulders forward, possibly enough that the chin/nose begins to pass over the hands and eventually even lower towards the floor, you will be looking back between the legs as the head comes forward. Then move the head back through the arms to release the forehead to the floor. Be mindful that the elbows remain within shoulder width distance as they will have a tendency to slide outwards. You can easily judge their width when you are able to feel your hair/ears sliding past your upper arms then the elbows are in place.

If this process is too easy then take the knees off the floor. Do not expect to go as far forward as before or as far back but you will have concentrated/intensified the strength building work into a smaller area of the upper body.

This can be done in sets of three with each set consisting of 6-12 depending on which version, eventually using the last one or two for lifting the knees at the end of each set. Until they are all done with the knees off the floor (can be slightly bent if the hamstrings are tight).

This will probably be easier for men to do but it is highly effective for women who would like to build arm strength.

**Frog:**

With your back against the wall, feet wide/fifty-five degrees to the side, knees pointing in same direction as toes.

Inhale and lift your spine.

Bend your knees until your thighs are parallel to the floor.

Place your hands on thighs with your fingers pointing outward.

Press down on your hands allowing you to lift your spine up more and curl your tailbone down but with a flat back. You can lean slightly forward if that feels right.

Widen your shoulders as you pull the elbows to the sides.

Hold...hold...hold...with constant strength.

When ready, push down through your feet and straightened legs while releasing hands.

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**Version at door:** same placement of feet and thighs, facing the edge of a door and holding on to the two handles/one in front and one behind (which is secured) squatting until the thighs are parallel to the floor and then slowly going down an inch or two and returning to original position.

The shoulders are stacked over the hips and open, the arms are long and chest lifted, follow previous directions.

**Version at door for upper body strength:** You can also use this position for strengthening the arms by pulling the head/shoulders towards the end of the door as the arms bend and elbows slide towards the waist with the upper arms coming into the sides of the chest to support the shoulders (similar to a yoga push up).

Keeping the back straight and legs strong. As you become stronger, go slower and bring the head towards either side of the door, alternating.

### **Getting Up (from the Floor):**

For anyone having a difficult time getting up from the floor now or anyone who would like to strengthen their thighs to avoid this independent process becoming an issue.

Do you know of someone who can't get up from the floor anymore?

Some one who has put this simple activity on their 'can't do list' ?

For fear that they will make fools of themselves trying/attempting to get up and needing someones help. This is an exercise which could prevent or help one retrieve this ability again.

Using a chair or sofa, something which will not move.

Take one foot and place it as close to the near outside corner of this piece of furniture and try to stack the knee over the ankle and keep this foot in place.

Take your other leg, bend it and place the knee directly under the same side hip, this is not a lunge so it won't be too far from the furniture.

Curl the toes of the floor knee under and if they don't like this because they are not use to it then work with them to become use to this movement, it is usually good for most feet. If you absolutely cannot curl your toes under than the foot will remain straight back and pointed and you may then decide to place a blanket underneath the foot.

Since we want to build strength in the thighs we do not want to do the asana using any strength coming from the upper body so we need to place the forearms on the furniture and let the chest release and relax.

Begin by slowly and slightly straightening/lifting the knee from the floor (you can begin this with a block under that knee or under the shin if the knee is an issue). It is not necessary to straighten this leg completely just use the middle range, a little at a time and eventually not touching the floor again when you come down.

You will feel the thigh becoming warm as it is activated to work, do not over do this and increase the movement slowly over day and weeks.

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While the movement is happening try to keep the other knee, with is next to the furniture, as still as possible, it should not go forward but remain over the ankle, shin is perpendicular to the floor.

Be sure to work both sides.

### **Helping someone get up from the floor:**

If you are in a situation where someone is on the floor and can't get up you can use the above mentioned exercise with a few modifications.

You may have to place them into the position using a piece of furniture which can't move.

Instead of them leaning on their forearms you will help them put their hands on the seat so they can use any upper body strength.

While the person is pushing down with hands and feet you can stand behind them (feet well braced and knees slightly bent) placing your hands on both front sides of their hips and as they begin to have some leverage of moving upward you can help them where most need the help, getting the buttocks area up enough so they can again regain a balanced standing position.

Do not remove your hands from them as they rise but help guide them and hold onto them until they feel secure and are also holding on to a structure or a wall.

Do not do this if you think they have broken a bone, instead make them comfortable and call 911.

### **Standing Up (from Sitting):**

Sitting on the front half of a chair with a block between the knees (this keeps the work more concentrated on the quadriceps and helps support the knees, especially if one has an issue with a knee).

Begin with heels slightly behind knees (usually we have one or both farther back for leverage but this will become a strength building exercise), hands on thighs and torso leaning forward. We usually use one or all of these supports in getting up.

Depending upon your strength and ability to stand easily, begin by not using the above mentioned supports. First, try the lift with the heels directly under the knees, then take the arms off the thighs and last, if all is going well, do not lean forward any more than necessary.

With all three of these elements not being used you will feel the work is harder and the body needs to work differently. Go slowly and try one at a time until you can do numerous repetitions without any hesitation.

It is advised that the the chair be against the wall as we want to be assured that it is there when we come down.

If someone is not stable and balanced when sitting down I suggest that they feel the chair behind them with one leg to be assured of its placement.

This can become a steady habit and it will build new strength in the body while also working on your balance.

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### Essential Oil:

doTerra: On Guard, the Protective Blend

This blend can be purchased directly from **Robin at the Living Temple** and do tell him you are a student of mine and he will give you a discount. He is located directly here in Old World Village, you can pick up a business card in the studio and look at his schedule of upcoming free lectures on the oils.

### Music:

Deuter "Illumination" plus George Winston "The Summer" for Savasana

### Quote:

*I offer you peace. I offer you love. I offer you friendship.*

*I see your beauty. I hear your need. I feel your feelings.*

*My wisdom flows from the highest source and I salute that source in you.*

*Let us work together for unity and love.*

-Gandhi

### Miscellaneous:

Two books which I have suggested to some interested students:

"Medical Medium" and "Life Changing Foods" by Anthony William

<http://www.medicalmedium.com/>

I was just at **Local Fare** (SoCo OC Mart Mix) today and she has a supply of blankets for anyone interested in purchasing one. They are currently selling for \$18. but if you tell her you are coming from me she will only charge \$15.

**Feedback:** Please feel free to comment and give suggestions as to what you are enjoying or maybe not. Are there aspect of class which you would like to see more of, specific asanas or working with specific parts of the body.

If I were to give some **workshops** in the Spring, what would you like to know more about, what are you interested in?

#### *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.*

**For more information contact: RoxAnn Madera 714.421.0477 [yogatherapyalacarte.com](http://yogatherapyalacarte.com)**

