

**Asana:**

**Balance (leaning Tower of Pisa and Tree)**

**Block between Thighs**

**Squat on Toes with Block between Knees**

**Supine Sideways Hip/Thigh Strengtheners**

This week was mostly a review from the classes during this session. I will list a few asanas we did and one new version of Supine Sideways Hip/Thigh Strengtheners

**Asana:**

**Balance (leaning Tower of Pisa and Tree)**

**Descriptions:**

This can be done facing the wall with your fingertips touching the wall if and when necessary. Try with the eyes open and closed.

**Sideways Balancing** like the Tower of Pisa to the right, slowly lifting the left heel then the toe, pausing and placing down in reverse sequence first the toe then the heel.

Switch leaning to the other side and repeat.

Do not rush the pause, count one..two before continuing as this is the important moment of balance.

**Tree:**

We did Tree twice to see the difference in having a close Drishti\* and a distant point of focus.

Also noticing how the distraction of people etc. in our peripheral vision can effect one's balance.

Facing the room and facing the wall, notice the difference?

**\*Drishti:** [ dṛṣṭi ]; Sanskrit: दृष्टि; IAST:dṛṣṭi), or focused gaze, is a means for developing concentrated intention. It relates to the fifth limb of yoga (pratyahara) concerning sense withdrawal, as well as the sixth limb dharana relating to concentration.

**Physical Benefits:**

The better your balance becomes the better chance you have of catching yourself if you are involved in a fall, always trying to be mindful and present in the moment.

**Asana:**

**Block between Thighs In/Out**

**Description:**

Placing block between the thighs as high as possible.

Standing with a firm foundation (as explained in class).

Rolling the thighs inward as you see the block also move inward, feel the buttocks engage and the muscular movement from the buttocks to the toes.

Rolling the thighs outward and watch the block come forward again feel the muscles needed for this movement.

Do not bend the knees or hips, this is pure muscle engagement, or not?!

You can place your hands on your thighs/buttocks to feel the contractions and movements.

**Asana:**

**Squat on Toes with Block between Knees**

**Description:**

Stand facing the wall with or without hands/fingers on wall for balance, better with for deeper work.

Place the block between the knees and note your toes are facing directly to the wall, no duck feet.

Lifting the heels off the mat try coming onto your toes, staying there, now engage in a squat either short or deep depending upon your thigh strength. You can also pulse and/or hold, your choice.

Always keeping the shoulders over the hips and feeling as if you are going to sit directly down, do not lean forward.

Posture is important from ears over shoulders etc. Note the difference if you lean forward verses good posture, you are actually not working as hard with the thighs and you could be compromising your lower back.

Repeat at least 6x Try not to go so deep that you are finished after only a couple of dips and can't do any more. Repetitions and depth will grow with additional strength.

**Physical Benefits:**

Tones the thighs, especially the front and inner.

**Asana:**

**Sideways Hip/Thigh Strengthener.**

**Description:**

Additional version of sideways hip strengthener, for the top leg when laying supine on your side, bottom leg lift is the same as last week.

Lying on side of body comfortably with bottom leg bent.

The leg is positioned slightly forward of the body, not in alignment with the vertebra as the original version.

Exterior rotating the top leg so your heel is in contact with the mat and the toes are pointing towards the ceiling.

Raising the leg half way up(not necessary to go all the way as this makes the movement less effective, pause for a count of two, and slowly lower until heel is again resting on the mat.

This can be done 20x or what suits your body, each leg, each side.

**Pranayama:**

Placing the hands first on the belly to feel the rise and then to the side seams of your shirt to feel the expansion and contraction of the rib cage with every inhale and exhale.

Breathing slowly, especially on the exhale, and continue for some minutes.

Listening to your breath, close your eyes and relax.

You have no place to go and nothing to do!

**Essential Oil:** doTerra: On Guard (Sweet Orange, Clove, Cinnamon, Eucalyptus, Rosemary)

**Music:** Deuter "Buddha's Nature"

## Help Your Health - The Weekly Review - #08 Winter 2017

### Quote:

*Anything that comes in through the senses is also regarded as 'food for the body and therefore affects one's mental, emotional, and physical health.*

*ex: jackhammer next to where you are standing waiting to cross the street/construction outside your window/bombs falling.....*

*from Gurus's of Modern Yoga*

### Miscellaneous:

The **Posture Vest** which I spoke about (thank you Judi) is from SpinalQ (Neuroband Tension Level III) by [www.alignmed.com](http://www.alignmed.com) located in Santa Ana.

<https://www.youtube.com/watch?v=kd-xrYvGoY0>

It is an expensive version of the strap usage for better posture but it's looks very functional and I was told that MediCare covers the expense if prescribed by an Orthopedic Doctor.

I have no personal review on this product but just want to pass on the information.

**Lost and Found at the Help Your Health Studio in OWV, please let me know if you recognize any of the following.**

- 1 large pink towel
- 1 large burgundy/blue towel
- 2 pair of sunglasses
- 1 leopard print small umbrella
- 1 small pair black yoga socks
- 1 black wrist guard

### *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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