

Help Your Health - The Weekly Review - #10 Spring 2017

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

Wishing you all a healthy and happy two weeks between sessions. If you are looking for Everyday Yoga than try some push-ups at the kitchen sink and squats using the handles of a door. You can also do leg lifts while still in bed if your mattress is firm. Work up to 25 of each.

Enjoy!

Asana this week:

20 Superposes

20 Superposes that carry maximum benefits with minimum risks, the are benefit-dense, accessible to most and offer multiple options/alternatives.

Description:

Supine:

1. Apanasana/Wind-Release pose
2. Jathara Parivatti -crossing over and opening up
3. & 4. Chakravakasana -Cat and Cow to Balancing Cat
5. Vajrasana -Yoga Snack: from Childs pose to reaching arms overhead while up on knees then returning to Childs pose with palms facing up on sacrum, a flow which continues.
6. Dvipada Pitham/Setu Bandhasana - Bridge series
7. Urdhva Prasarita Padasana -Leg lifts single/double w/wo arm moving and head lift

Belly:

8. Bhujangasana -Cobra
9. Salabhasana/Ardha Salabhasana -Locust Symetrica/A-Symmetrical
10. Vimanasana: Lifting both legs moving them in and out

Sitting:

Help Your Health - The Weekly Review - #10 Spring 2017

11. Paschimottanasana -Seated forward fold bend (FF) w/wo knees bent, can be done with legs up the wall. Gradually leaning forward with a flat back protecting the lumbar.
12. Ardha Matsyendrasana - Spinal Twists/various

Standing: (with the wall near-by for balance and control)

13. Balancing Tadasana/Mountain Pose
14. Uttanasana/Ardha Uttanasana - FF + Half-FF
15. Ardha Utkatasana - Chair Pose
16. Prasarita Padottanasana - Wide leg forward fold with hands moving towards ankles.
17. Parivrtti Trikonasana - Forward fold with wide legs, one arm on floor/midline while the other reaches to the ceiling,rotating Triangle.
18. Virahhadrasana I - Warrior I
- 19 Utthita Trikonasana - Triangle Pose: for form control try to do with the back to the wall
20. Virabhadrasana III - Warrior III

Pranayama:

Ujjayi Pranayama (ooh-JAH-yee prah-nah-YAH-mah) is one technique that helps calm the mind and warm the body. When practicing **Ujjayi**, you completely fill your lungs, while slightly contracting your throat, and **breathe** through your nose.

Essential Oil:

Motivate: Encouraging blend from doTerra emotional aromatherapy
Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, Vanilla

Music:

Deuter: Koyasan Reiki Sound Healing

Quote:

Yoga exists in the world because everything is linked..
Yoga is relationship..
The goal of yoga is peace, not power.
Peace cannot be attained through power, yet power is the result of peace.
-Desikachar from "The Heart of Yoga"
His father, Krishnamacharya, is considered the "father of yoga"

Miscellaneous:

If you google "20 Superposes in yoga" you should be able to find a PDF of what we have been doing, along with variations/adaptations for each asana.