

Asana this week: The 5 Tibetans

see Handout with stick figures Actual and Prep

see Article

Essential Oil:

Pep Talk: Peppermint and Sweet Orange

Music:

George Winston "Summer"

Quote:

Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing had ever happened.....

-Winston Churchill

Your yoga teacher would add "Why?"

- because the truth can often be quite inconvenient. As when faced with the truth, and if it is contrary to a present action or thought, then we would have to do something about it by being pro-active and making a change.

"Gratitude" -Melody Beattie

Gratitude unlocks the fullness of life

It turns what we have into enough and more.....

It turns denial into acceptance.....chaos into order.....confusion into clarity.

It turns problems into gifts.....failures into successes.....the unexpected into perfect timing, and mistakes into important events.

Gratitude makes sense of our past.....brings peace for today and creates a vision for tomorrow.

Miscellaneous:

A suggested Netflix documentary: What the Health!

Help Your Health - The Weekly Review - #01 and 02 - Summer 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