

Help Your Health - The Weekly Review Summer Session 2017 - #8

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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Asana this week:

The 5 Tibetans (in the Chair except for #1/Spinning)

-goal is the same 21x each

Gluteal/Thigh Series: Clam Shell/Side Straight Leg Lifts Top/Bottom

Name: #2 Leg Lifts

Description:

Sitting in a good posture, either slightly away from (or directly touching) the back of the chair with a strong body, hands holding on to the sides of the chair with straight arms.

On the inhale (or while holding the inhale) raise the right leg, pause, release the leg down on the exhale.

Try not to swing or drop the leg, raising and lowering slowly with control.

Switching alternatively between R/L.

Physical Benefits:

Strengthening the abdominal muscles and the legs. Learning abdominal and breath control.

Adaptations/Variations:

A slightly harder version is done with first bending the leg and bringing the knee up and towards the body before straightening, continuing either reversing the same or slowly returning the straight leg to its original position.

All breathing remains the same.

Name: #3 Camel

Description:

Sitting on the forward third of the chair with good posture and an engaged body.

Proceed, same options as kneeling on the floor. listed below.

Physical Benefits:

Strengthening, stretching the back and improving flexibility.

Adaptations/Variations:

Hands, fingers pointing down and spread, on the area of the back waist. Arching the shoulders back.

Reaching one arm overhead or directly out front with same arching movement.

Holding on to the sides of the chair to help increase the arch of the back.

Name: #4 Picknick Table

possible.

Exhale and return to sitting on the forward portion of chair.

Physical Benefits:

To build upper body strength and work again certain fears of ones own lack of strength.

Name: UpDog/DownDog

Description:

Standing facing a chair (firmly planted against a wall) with arms outstretched and planted strongly on the sides of the chair mid-way.

Long arms and head, as much as possible, between upper arms.

Slowly on the inhale, raise up on to the toes bringing the shoulders forward until they are over the wrists.

Gently bringing the pelvic girdle towards the front edge of the chair while looking directly forward.

On the exhale, return to down-dog.

Physical Benefits:

A full body stretch working on increasing flexibility.

Adaptations/Variations:

If you have a lower back condition, do not come forward to up-dog, stop with a straight body in plank, then return to down-dog.

Name: Gluteal/Thigh Series: Clam Shell/Side Straight Leg Lifts Top/Bottom

Description:

1. Begin on your left side, knees bent, inner edges of the feet together.

Keeping this contact with the inner feet, Inhale to open your right knee toward the ceiling.

Exhale to release it back down to meet your left knee.

2. Staying on same side, top leg bent and lying in front of bottom straight leg.

Inhale and lift bottom leg (from the thigh if possible).

Exhale and lower.

3. Staying on same side with top leg straight and leg lying on shin/ankle area of bottom bent leg.

Inhale and lift top leg -from the thigh but not much higher than the hip. This is a side lift and the hips should remain stacked.

Exhale and lower.

Do each of the above: 15-20x Switch sides R/L (or 3 sets of 10-20+ each)

Physical Benefits:

Strengthening gluteal, hip and thigh muscles.

General Class:

Supine & Prone:

Normal Opening.

Clam Shell R&L

Leg Lifts: Top & Bottom R&L

On Belly:

Heart Lifts

A-Symmetrical & Symmetrical Locust

Standing:

Tibetan #1

Supine & Prone:

Tibetan #2-5

Bridge Series

Essential Oil:

Balance: Spruce Leaf Oil, Ho Wood Oil, Frankincense, Blue Tansy, Blue Camomile

Music:

Deuter: Illumination

Quote:

Have only love in your heart for others.

The more you see the good in them, the more you will establish good in yourself.

- Paramahansa Yogananda