

Asana this week:

Butterfly and Clock
Thigh Strengthening

Name: Butterfly and Clock

Description:

Do both Butterfly and Clock on one side and then switch sides.

Butterfly:

Begin on your right side with shoulder and hips stacked, right leg directly in line with the spine, left leg bent with knee resting on mat/heel in front of right knee, right arm extended in airplane with palm facing up. Head resting on the mat or a long rolled blanket. This is your beginning and ending position for both Butterfly and Clock.

With an inhale let the left arm raise up and fly over the body until the left shoulder to the fingers are resting on the mat behind your body.

During this movement allow the left knee to raise as much as is necessary to accomplish this arm movement but try to keep the foot in contact with the mat allowing it to roll from side to bottom.

Let the head and eyes following the moving arm for a good neck rotation.

On the exhale return the arm/hand/body to its beginning position. Repeat 6+.

Clock:

Begin in the same position but this time take the left hand/arm up and over the head, keeping as much contact with the mat/body as possible, as it circles over/behind and down/over forward and back to starting position. The knee is raising as much as is necessary. The moving arm will open and close/rotate as necessary and of course lift if necessary during the circle.

This arm movement, making a complete circle, is done 3x clockwise and 3x counterclockwise on each side after Butterfly.

Physical Benefits:

Can improve shoulder rotation and strengthening of the shoulder girdle.

Adaptations/Variations:

Butterfly:

Instead of flying the arm over, slide/glide the hand over the arm keeping contact the entire length, continuing over the chest to the opposite shoulder and return to starting position. This movement is used when a flying movement is too much for the shoulder due to certain conditions.

1/2 Clock Variation:

Supine on your back, roll to the right side (shoulders stacked) with the knees bent and feet together on top of each other. Bring the left palm to the right palm which is extended on the floor at shoulder height. Keeping the arm straight and clocking it from 9 to 3, letting it come directly on to the head/ear and releasing the shoulder down with floor contact as soon as the head rolls

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to the other side. The arm continues to 3 and then goes back with the same intention. Attempting to keep the moving arm straight with as much floor contact as possible, it will roll with palm moving up over and up.

The knees can roll up and over as the feet also roll from the side to flat to the other side, the amount the knees need to roll has to do with the need of the shoulder to maintain normal contact rotation.

You may find that your knees hardly roll at all, staying down and keeping contact. This is fine if it does not compromise the shoulder rotation. This creates a very powerful twist in the back, do take it slow if you have any back issues.

Eventually you may even be able to lift the legs off the floor and have them (as in windshield wipers) go from side to side with the arm. The closer the knees are to the body the easier. Be mindful that you have your abdominals engaged if you decide to lift the legs, this is core work. But again, do not compromise the shoulder rotation.

Name: Thigh Strengthening

Description:

Begin kneeling on your mat with the shoulders directly over the hips and hips over the knees. Keeping your posture, engage a slight pelvic tilt as if you were going to sit down. Release down only slightly, do not go too far until you have built up your thigh strength, keeping shoulders directly over hips. Leaning forward with the shoulders will negate the action of building and leaning with the torso on a slanted backward angle will put undue pressure on the knees.

Physical Benefits:

If you place your fingertips gently on the thighs you will see the engagement of these muscles.

Adaptations/Variations:

Various other thigh strengthening exercises not on the knees, standing and/or sitting (see previous weekly reviews).

General Class: (if not listed above then the asana details can be found in previous weekly reviews under archives)

Supine: Chair Opening 2x, Morning Walk-Up Stretch R/L 18 breaths each side consisting of four different movements on each side, Various Hip Movements/Openers, Ankle/Wrist Movements-Flexion and Extension

Prone: Cat and Cow, Balancing Cat, Kneeling Sun Salutations, Thigh Strengthening

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Help Your Health / YogaTherapyalacarte.com
Sangha Weekly #3
Fall
2017

Sitting: Series of Twist and openings

Standing: Balancing Exercises: Shifting/Stationary with eyes open and closed.

Supine: Butterfly and Clock

Essential Oil:

Pep Talk: Cardamon, Sweet Orange, Lemon, Peppermint

Music:

Steve Halpern: Music for Yoga

Quote:

Attention is the rarest and purest form of Generosity....-Anonymous

After reading this you probably smiled, shook your head yes, this was also my reaction until.....
Now think a little more and you will notice that there is something quite flawed with this statement.

Should giving someone our attention be a form of generosity or basic human respect?
Have we come so far as a people that we no longer naturally give our attention to another person who may be interacting with us?

generous |ˈjɛn(ə)rəs|

adjective

(of a person) showing a readiness to give more of something, as money or time, than is strictly necessary or expected: *she was **generous with** her money.*

- showing kindness toward others: *it was **generous of** them to ask her along.*
- (of a thing) larger or more plentiful than is usual or necessary: *a **generous** sprinkle of pepper.*

ORIGIN

late 16th century: via Old French from Latin *generosus* ‘**noble, magnanimous,**’ from *genus*, *gener-* ‘**stock, race.**’ The original sense was ‘**of noble birth,**’ hence ‘**characteristic of noble birth, courageous, magnanimous, not mean**’ (a sense already present in Latin).

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Miscellaneous: I promised the following recipes to my fellow travelers to Africa and thought it a good idea to share with everyone.

Health Seed Loaf Bread

(makes two loafs)

400ml yoghurt, plain

2tsp bicarbonate of soda

6tbs sugar

60 ml or 4tbs olive oil

1tsp salt

60ml or 4tbs honey

4Cups nutty wheat flour (whole wheat flour)

1/3 cup sesame seeds

1/3 cup sunflower seeds

1/3 cup linseeds

Method:

1. Using a kitchen aid mixer, mix the dry ingredients first then add your wet ingredients until fully incorporated.
2. Line bread pan with spray, fill wet health bread mixture and bake at 180 degrees Celsius for 1 hour.
3. Remove from oven and turn, let cool over rack.

Thanda Muesli

Ingredients:

1 packet cashew nuts

(not quite sure how large they consider a packet but I am trying to find out)

1 packet brazil nuts

1packet whole almonds

1packet flaked almonds

1Kg oats

1Kg corn flakes

1Kg pumpkin seeds

1Kg sunflower seeds

4 x 500g Butter

4 x 500g Honey

4 x 500g Golden Syrup or Agave

Preparation Method:

1. Mix all dry ingredients together.
2. Bring butter, honey and syrup to a boil.
3. Place all dry ingredients in oven trays and mix thrust evenly the mixture of butter, honey and syrup until all has been coated evenly.

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4. Bake in over 180 degrees Celsius until gold brown and crispy,
5. Once baked, let it rest outside the oven making sure to mix it regularly as this will prevent the sugar from sticking together and forming lumps of Muesli.

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