

## Asana this week:

### Dolphin

**Name:** Dolphin/Ardha Pincha Mayurasana

#### Description including Adaptations:

##### Alternative Dolphin:

Begin on all fours in table pose, keeping the shoulders broad, widen through your collarbones. Lengthen your tailbone away from the pelvis and press it towards the sitting bones. Forearms on the mat, elbows under the shoulders but not as wide (you should be able to feel your hair/head on your arms as you stretch back each time towards child's pose), hands interlaced (pinky pulled in). Gazing back at your feet, on an exhale draw the head back through the arms so you can feel the stretch along the sides of the body. On the Inhale bring the head/torso forward as far as possible with the forehead/nose leading the way to the hands and possibly over the hands towards the floor (don't go so far forward that you can't get back). Breath and continue doing 3 sets of 6 Dolphins. This is considered an alternative version.

##### Full Dolphin:

Continue as in the alternative but lift the knees off the mat and walk the feet slightly forward. Continue the movement but do not expect to go as far forward or back as you did with the knees on the mat. Be patient, move slowly, less is more.

#### Physical Benefits:

Especially powerful for women who would like to strengthen their shoulders/upper back/arms. Coordinate with the breath and rest between sets while combining the set with both versions when the body is ready. The DownDog version can also stretch the hamstrings, if they are uncomfortably tight you may slightly bend the knees but only if necessary, heels should remain on the floor in this version.

**General Class:** (if not listed above then the asana details can be found in previous weekly reviews under archives or will be coming during the next few weeks)

**Supine:** Chair Opening 2x, Morning Walk-Up Stretch R/L 18/24 breaths each side consisting of four different movements on each side, Various Hip Movements/Openers, Ankle/Wrist Movements-Flexion and Extension

**Prone/Belly:** Cat and Cow, Balancing Cat, Kneeling Sun Salutations, Heat Lifts, Locust R/L 6x@ plus 6x Full, Various Side Plank, Dolphin

#### *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](http://yogatherapyalacarte.com)**

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**Standing:** Wide Leg Forward Fold Stretches to each Foot, Warrior II, Side Angle

**Supine:** Bridge, Various Windshield Wipers, Savasana

**Pranayama:**

We did add additional some optional Mantra Breathing to the hand Mudras.

Inhale/Exhale: Om/Shanti, So/Hum, Ham/Sah,

**Essential Oil:**

Peace: Vetiver, Lavender, Ylang Ylang, Clary Sage, Marjoram, Spearmint

**Music:**

Ben Leinbach "The Spirit of Yoga"

**Quote: What is Yoga?**

**Yoga is not only about asana.** There is a three-part definition of yoga as follows:

***Tapas is about inducing change in the system.*** It's about changing its activity or behavior outside of its normal habitual way of operating, which is why it's often translated as: austerity=simplicity of style or appearance

***Isvara pranidhana is sort of the other end of that spectrum, which is you're finding some phenomenon to which the only possible response is surrender:***

"This isn't going to change. This is just the way it is and the only relationship I can have to something that is not going to change, that I can't control, is to surrender to that."

**And of course, the connecting principle is the:**

***svadhyaya = it's the self-reflection =*** the introspection

the ability to sort out the things that we want to work on changing and the things that we want to work on surrendering to.

**Feedback from me to you and you to me:**

Dear Students,

It's almost Thanksgiving week, how can that be? Why does time seem to go so quickly as we age?

We have just completed the fifth week of our Fall Session. Gradually we are working through many variation of what is considered the most important asanas for building bone density.

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**Sangha Weekly # 5**

**Fall 2017**

Yesterday, I shared a wonderful afternoon with 16 other Goddesses. We were all very fortunately to be with Ahn Chi Pham for her workshop on “Core Radiance”. Although I have taken workshops on this subject, actually from a mentor of hers, I had a very different experience with Ahn Chi. Often, we find a workshop/lecture rather clinical and dry but quite to the contrary, yesterday was filled with experience and emotion. Ahn Chi shared her experiences as well as created a safe space for us to share ours, leading by example was never more true.

For those of you who would have liked to attend but could not or are interested, as this is a very interesting and deep subject for all women, I have invited her to give this exact workshop again in January plus to offer a series of weekly workshop/classes so we can all find out more about ourselves, physically and emotionally. I will keep you posted as soon as I have confirmed dates.

Hope to see all of you in class this week, except for Monday - Chair and Gentle Yoga at the Founders Center. All other classes, Monday thru Saturday at both locations are as usually scheduled. Make-ups are strongly advised.

Please feel free to write me back with any ideas, comments, suggestions or thoughts on the past week etc.  
**[student@help-your-health.com](mailto:student@help-your-health.com)**

Until...Namaste....

RoxAnn

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