

## **Benefits of Yoga:**

Yoga improves balance and flexibility.

Your sense of knowing where your body is in space and being able to balance will improve and have the potential to improve your overall athletic or fitness performance. A twice-weekly yoga program helped improve flexibility and balance in college athletes in just 10 weeks.

## **Core Principles:**

Listen to your body

Being able to follow your intentions requires mind-body attunement. This means you just observe what is happening in your body and mind without any judgment. The first step in the process is 'listening' to your body. This holistic awareness of mind, body and self is critical. Without this awareness, you can accidentally stretch your joint or muscles too far in a pose, or your ego may force your body to stay in a challenging position for too long.

## **General Class:**

**Starting Pose:** *Morning Wake-Up Stretch, Hip Openers with Bent Legs(Small Circles Together, Circles Apart and Large, In/Out Together), Ankles/Wrists Flex-Extend*

**Warm-Up:** *Child's Pose, Cat n' Cow*

**Arm Support:** *Balancing Cat to Gate*

**Forward Bend:** included

## **Standing:**

*Sun Salutations with and/or without the Chair*

Please find both PDF stick figure description [here on my website](#).

Find Sun Salutations with and without the chair also as video (first and last) on [my video page](#) or on my DVD's which you can purchase directly from me.

**Twisting:** included

**Balancing:** Warrior II + Reverse, Triangle, Warrior III, Half-Moon (at chair and wall)

**Backbend:** Bridge

**Hip Opener:** Supported Fish Pose with 2 blocks/Reclining Bound Angle Pose  
Supta Baddha Konasana-sometimes called Reclining Goddess Pose

**Cool Down:** continue

**Savasana:** continue

**The Chakra System:** Manipura #3 - 'the city of gems- lustrous gem' a radiant center of light similar to the light beam we have often spoken about which shines forever if our posture is good.

This Chakra is located at the solar plexus, the center of the chest, a balancing point between the lower and higher chakra.

### *Important Disclaimer*

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The purpose of the third chakra is to be active and transform, similar to the combustion of fire and the sun, which change matter and generate energy and heat.

A balanced and active third chakra provides a strong self-esteem and allows us to overcome inertia or a lack of motivation. It is associated with power, self-esteem and strength. When it is overactive, it manifests in a greed for power or control.

Yoga exercises that stimulate this chakra heat the body and fill us with energy: Warriors, Forward Folds, Plank(incl. Reverse), Backbends,

<b>Function:</b>	Strength
<b>Spinal Vertebrae:</b>	Thoracic 5-9
<b>Nerve Plexus:</b>	Solar Plexus
<b>Gland:</b>	Pancreas
<b>Body Area:</b>	Stomach, Liver, Gallbladder
<b>Theme/Motivation:</b>	Power
<b>Inner Sense:</b>	Energy, Anger, Self-Esteem
<b>Matter:</b>	Plasma
<b>Element:</b>	Fire
<b>Problems:</b>	Digestion, Fatigue
<b>Color:</b>	Yellow
<b>Seed Mantra:</b>	RAM
<b>Action:</b>	To act
<b>Animal Representation:</b>	Ram

## **Meditation: Sa-Ta-Na-Ma Meditation**

Sit comfortably. Close your eyes and focus on strength and energy

Inhale and exhale deeply through your nose for 2-3 cycles.

Say the syllables out loud coordinating movement with both hands:

SA = Press your index finger and thumb together

TA = Press your middle finger and thumb together

NA = Press your ring finger and thumb together

MA = Press your little finger and thumb together

Visualize each sound coming out through the top of your head, releasing negative energy.

On the next cycle: Press your thumbs into your fingernails with each syllable, instead of your fingertips.

Continue to repeat alternating every complete cycle between fingertips and fingernails to 10 full cycles.

For the next 10 cycles whisper the syllables quietly.

For the final cycles, silently repeat the syllable in your mind.

Once you are done, let your breath return to normal

You can repeat up to 3 sets of 10-15 exhalations as long as it feels comfortable.

## **Essential Oil:**

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**Aura Cacia:** Grey Matter: Peppermint, Spearmint, Lavender, Roman Camomile

## Music:

The Spirit of Yoga by Ben Leinbach

## Quote: Taoist Meditation Quote

Close your eyes and you will see clearly  
Cease to listen and you will hear the truth  
Be silent and your heart will sing  
Seek no contacts and you will find union  
Be still and you will move forward on the tide of the spirit.

## From me to you!

Dear Students,

this week in many classes we ended with a long restorative savanna called Supta Baddha Konasana/Reclining Bound Angle/Goddess Pose either using a bolster or two blocks when available. This has only been possible in classes at my studio because of the necessary props.

After being asked by some students if they could buy a bolster I decided it would be easier and cost effective if I just put in a combined order. I put out a bolster sign up sheet and so far we are

up to 23. When I have purchased mine in the past they have cost approximately \$40 plus tax and shipping but I know I can get a discount of 10% for an order of 12 or more and there will be no mark up on this item. Once they are ordered I will let everyone know what they cost and you can then give me a check.

If anyone who has not been in class this past week would like to add their name to the list, just send me an email as I will be placing the order next week. The bolsters should be here when we return from our break week which is Feb. 5 to 10.

We actually have one on each sofa in our living room. I use them for many reasons: sitting on, leaning back on, placing a book on, under the knees when reclining etc.

I can only order in one color so that will be black.

If you don't 'follow' me on my blog and still want access to the PDF for Morning-Wake-Up Stretch, it is listed on my blog posts for a print out.

I would again like to thank so many gracious students who are always bringing us fresh fruit from their gardens, thank you. We truly cherish and enjoy every morsel and what wonderful recipes Rolf surprises me with every day.

A few weeks ago someone brought me Kumquats and they were delicious but I forgot who???? Please let me know if you read this, thank you.

Until...Namaste,  
RoxAnn

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**Help Your Health / YogaTherapyalacarte.com**  
**Weekly Review #3**  
**Winter**  
**2018**

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