

**Help Your Health / [YogaTherapyalacarte.com](http://YogaTherapyalacarte.com)**  
**Weekly Review #4**  
**Winter**  
**2018**

**This 4th week of class was mostly a review of the first three weeks.**

**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,*

**Forward Bend:** *Pyramid Pose*

**Standing:** *Warrior I, II/Reverse & Triangle, Squat/Goddess Pose  
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:**

**Balancing:** *Standing behind Chair R/L, Tree*

**Backbend:** *Bridge (free or supported)*

**Hip Opener:** *Lizard Pose (Lunge), Yogi Squat, Goddess Pose*

**Cool Down:** *Supine with Strap, Reclining Bound Angle Pose/Cobblers, Reclining Pigeon Pose, Happy Baby*

**then Savasana:** **Reclining Bound Angle Pose with a bolster**

**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.

*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)**

**Help Your Health / [YogaTherapyalacarte.com](http://YogaTherapyalacarte.com)**  
**Weekly Review #4**  
**Winter**  
**2018**

*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)**