

**Benefits of Yoga:**

Yoga encourages you to pursue a healthier lifestyle. Yoga motivates nearly two thirds of people to exercise more and 50% to eat healthier. Yoga practitioners are more likely to live green and eat sustainable food. Yoga may also inspire you to pursue many other physical and self-care activities.

**Core Principles:**

Avoid pain. Once you gain mid-body attunement and self-assessment, the next step in 'listening' to yourself is making decision for your poses that feel right for you. An example would be performing poses in a gentler way with props for modification, staying longer or shorter in a pose. You can also always change your mind during a pose, because you should be constantly observing and reassessing your needs. Our bodies are always changing, requiring us to be aware constantly of our needs and experience. The saying 'no pain, no gain' does NOT apply to yoga. At no point should the pose be painful.

**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, Walking arms off to R/L, Thread the Needle*

**Arm Support:** *Balancing Cat to Gate, Dolphin, Cobra/Updog*

**Forward Bend:** Standing FF/1/2 Up x6 (can be included at beginning of SS)

**Standing:** **the Chair: analyzed/experienced slowly and in detail in all levels.**

*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:** Warrior I, Warrior II + Reverse, to beginning of Warrior III & 1/2 Moon

**Backbend:** Bridge

**Hip Opener:** Hip Flexion/prone on knees/nose to knee + Hip Stacking Prone on knees/nose to knee  
can also be done in DD

*Important Disclaimer*

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**Cool Down:** Wide Leg FF,  
**Breathing/Pranayama Exercise/5 Min. Mantra Meditation (see details)**

**Savasana:** **Guided Compassionate “Metta” Meditation (see details)**

### **The Chakra System: #4 -Anahata - The Heart Chakra**

Consider these questions ignorer to determine whether you have an imbalance in this Chakra.

Do I have trouble finding meaning in my life?

Is it hard for me to relate others?

Am I overly emotional?

Do I dislike being alone with my feelings and houghts?

Am I always looking for other to fill my emotional needs? Do people disappoint me easily?

<b>Sanskrit Name:</b>	Anahata
<b>Function:</b>	Love
<b>Physical Location:</b>	Heart
<b>Spinal Vertebrae:</b>	Thoracic 1-5
<b>Nerve Plexus:</b>	Pulmonary, cardiac
<b>Gland:</b>	Thymus
<b>Body Area:</b>	Lungs, heart, arms, hands
<b>Theme/Motivation:</b>	Compassion
<b>Inner Sense:</b>	Balance, Unity, Healing
<b>Matter:</b>	Gas
<b>Element:</b>	Air
<b>Problems:</b>	Respiratory issues, heart disease
<b>Color:</b>	Green
<b>Seed Mantra:</b>	Yam
<b>Action:</b>	To Love
<b>Animal Representation:</b>	Birds, Antelope
<b>Yoga Asana:</b>	Cobra, Upward Dog, Camel, Fish, Reverse Warrior
<b>Meditation:</b>	Compassion

### **Breathing/Pranayama Exercise:**

#### **Establishing a 5 minute AM/PM daily Mantra Meditation**

Use a timer.

In the beginning I would suggest that you say the exhale out loud using your voice(in the beginning until you can remain focused with a mental repetition), this will help you to be concentrated.

Depending upon your natural breath length you can start with a 3(4-6): 2: 6(6-8) this is inhale:pause:exhale, Some suggestions for repetition could be:

“I breath in, observing my breath. I retain my breath to focus. I breathe out, observing my breath.”

“I inhale my breath. I pause. I exhale my breath.”

**Meditation:** Compassion or Loving Kindness (Metta) Meditation

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The compassion, or metta, meditation trains your mind to be more compassionate towards yourself and others. The practice has been shown to increase optimism, positive emotions, and social connectedness. Loving kindness meditation improves the ability to empathize and read other people's emotions. It is associated with changes in brain activity to viewing emotions in others and changes brain activity in areas of emotional processing. A brain imaging study found that compassionate training increases altruistic behavior and increases brain activity in regions associated with social awareness and emotional regulation.

1. Sit/Supine in a comfortable position.

Each of the following 5 phases can be repeated for 2-3 minutes as you image sending stronger and brighter light and warmth toward the person, beginning with I/yourself, continuing with YOU/three individuals and ending with All.

This sequence/wording can be modified, customized as you wish but do begin with yourself, continue to individual(s), and then to all.

2. Close your eyes and **focus on the area of your heart in the center of your chest**. Imagine the the sun is shining into that space to fill it with light and warmth. As you visualize this, repeat these phrases in your mind.

*May I be free from suffering. May I be happy. May I be peaceful and at ease.*

2. Now, think of **someone whom you have loving and kind feelings toward**, a loved one or family member.

*May YOU be free from suffering. May YOU be happy. May YOU be peaceful and at ease.*

3. Next, think of **someone who you have neutral feelings toward**, such as a postal worker, gardener, neighbor, fellow student etc.

*May YOU be free from suffering. May YOU be happy. May YOU be peaceful and at ease.*

4. Now, think of someone who you have negative feelings toward, someone whom you may have recently had a disagreement/argument with or causes you frustration or to be upset.

*May YOU be free from suffering. May YOU be happy. May YOU be peaceful and at ease.*

5. Finally, **extend that warm feeling toward all living beings**.

*May ALL be free from suffering. May ALL be happy. May ALL be peaceful and at ease.*

**Essential Oil:**

doTerra: Elevation

Lavender, Sandlewoor, Tangerine, Melissa, Yland Yland, Eleni, Osmanthus, Lemon Myrthl

**Music:** Deuter "Mystic Voyage"

**Quote:**

The first to apologize is the bravest.

The first to forgive is the strongest.

The first to forget is the happiest

-Unknown

**From me to you!**

Dear Students,

Welcome back from our week break.

Thank you so much for your birthday wishes, cards and gifts.

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**Weekly Review #5**

**Winter**

**2018**

Yes, I thoroughly enjoyed our few days in San Francisco celebrating my birthday with our son and family. My daughter-in-law also had a birthday on, Monday the 5th, so we could celebrate together.

I was truly on vacation during the remainder of the week taking each day as it came and enjoying it completely.

You may have noticed that the Weekly Review #4 was posted also with this weeks review. That week was mostly a review of the first three weeks of this session.

“Homework”, using this terminology very loosely, was a request by numerous students from the 2016 questionnaire. This week I would suggest, if you so desire, working on a twice/daily, 5 minute Mantra Meditation using a timer. If you would like feedback, and or further suggestion/help please feel free to let me know how you are doing and we can establish a dialogue. I am here to inspire and share information.

Bolsters are ordered, details under separate e-mail.

See you in class. Namaste...

RoxAnn

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