

### **Benefits of Yoga:**

Yoga improves your sleep. Yoga, including poses, breathing techniques, and meditation, are useful research-backed methods to help improve quality of sleep and treat insomnia. Sixty percent report that yoga helps them get better sleep.

### **Core Principles:**

Watch your alignment. Alignment, or the position of your body relative to itself in a pose, is important to helping you do poses as safely as possible. While individualization of poses is important, poses do have general guidelines in terms of what keeps the body safe and healthy. Check your alignment visually by looking at your body, or use a sensory skill called **proprioception**, which is the ability to know where our body is in space, even with our eyes closed. The human body has receptors throughout its muscle and joints that send information to the brain about body position and movement.

### **Description: Arm Extension at the Wall**

1. Come to stand facing a wall. Place your hands on the wall a little higher than shoulder height and slightly wider than shoulder distance apart. Spread your fingers wide and check that your middle fingers are pointing upward.
2. Walk your feet back until your arms are straight and your torso is lengthened diagonally away from the wall, while maintaining the natural curves of your spine.
3. Keep your hips, knees, and ankles on top of each other so your legs are straight. If the back of your legs are tight, you can bend your knees slightly.
4. Press down through your thumb and index fingers and feel your forward bone roll in slightly. At the same time, rotate your upper arm outward to feel your shoulder blades drawing toward each other and slightly down your back. Your shoulders will move away from your ears.
5. Try to find a balance between your forearm bone rolling in and your upper arm bone rolling out. At the same time, feel space between each of your joints and maintain a relaxed neck and shoulders.
6. Let your chest extend toward the floor as you continue to lengthen your spine and maintain tone in your belly.
7. Breathe five breaths.

### **Physical Benefits:**

This helps you feel the correct rotations for your arms and positioning of the shoulder and neck when stretching out the arms, either forward or over head. Once we learn how to stabilize and square the shoulder girdle we will feel how the head floats comfortably on top of the spine.

### **Adaptations/Variations:**

Single arm either against the wall or free standing. Can be done sitting in a chair with good posture.

### **Description: Hamstring Stretch (this is the chair version but can be done using blocks for balance or not)**

1. Begin in Lunge (long or short depending upon your hamstrings). Front knee touching the chair seat and ankle directly underneath.
2. Place the back knee on the mat. You can curl the toes under for an additional stretch and support of the knee.

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3. Lay the belly/ chest on the front thigh and rest the head on the folded arms on the chair as you gently straighten the front leg. Don't expect too much if your leg muscles are tight, go slowly, find your edge and just be there for a couple of minutes.
4. Slowly pick up the chest as you slide your hands to the seat edge, lifting the upper torso to face forward while straightening the back leg as much as possible. Find your end position and hold. If the leg is straight you may also add the following: push the heel into the floor as you try to draw it back but don't let it move position on the mat. Feel the additional stretch in the entire leg. You may also begin to sink the buttocks towards the heel and hold.
5. Switch legs.

**Physical Benefits:**

Tight hamstrings can lead to adverse lower back issues as well as limit mobility and balance throughout the entire body. Can also strongly effect the posture negatively.

**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, Thread the Needle*

**Arm Support:** *Balancing Cat, Locust R/L Symmetrical/ A-Sym, Four-Legged Table*

**Forward Bend:** in SS

**Standing:** *Arm Extension at the Wall & Upward Worship 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:** *Seated Spinal Twist*

**Balancing:** in SS

**Backbend:** *Cobra/ Up-dog* in SS

**Inversion:** *Shoulder Stand Prep* in Legs up the Wall Series

**Hip Opener:** Supine / Wall Version Pigeon Pose in Legs up the Wall Series

**Cool Down:** *Legs Up the Wall Series*

*Seated against the Wall/ or in the chair "SA-TA-NA'MA" Mudra/ Mantra*

**Savasana:** *Legs Up the Wall with Sandbags on bottoms of feet*

**The Chakra System: #5 - Vishuddha throat chakra, Expression & Communicating**

This chakra is located in the throat area and is associated with expression, communication and creativity.

The elements of this chakra are sound, vibration, and speech.

The Sanskrit name means "purification".

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Imagine how sound can be cleansing - the vibration of music at a concert washing over you, laughing with others, or singing.

If you have an overactive fifth chakra, you might find yourself talking more than usual or having trouble keeping a secret.

When you find it difficult to express yourself and speak up, this suggests a deficient throat chakra.

Yoga focused on this chakra uses your body and voice as the instrument with mantras and mudras.

<b>Sanskrit Name:</b>	Vishuddha
<b>Function:</b>	Creativity
<b>Physical Location:</b>	Throat
<b>Spinal Vertebrae:</b>	Cervical 3-7
<b>Nerve Plexus:</b>	Pharyngeal
<b>Gland:</b>	Thyroid
<b>Body Area:</b>	Throat, Ears, Neck and Shoulders, Hands
<b>Theme/Motivation:</b>	Communication
<b>Inner Sense:</b>	Creation, Vibration, Resonance
<b>Matter:</b>	Vibration
<b>Element:</b>	Sound
<b>Problems:</b>	Thyroid, Sore Throat
<b>Color:</b>	Blue
<b>Seed Mantra:</b>	Ham
<b>Action:</b>	To Speak
<b>Animal Representation:</b>	Bull, Lion
<b>Meditation:</b>	Breath Mantra

**Breathing / Pranayama Exercise:**

**Victorious Breath Pose (Ujjayi Pranayama)**

**Alternative Nostril Breath**

**Essential Oil:**

doTerra: Peppermint

**Music:** Deuter "Atmospheres"

**Quote:**

Detachment is not indifference. It is the prerequisite for effective involvement.

Often what we think is best for others is distorted by our attachment to our opinions.

We want others to be happy in the way we think they should be happy.

It is only when we want nothing for ourselves that we are more able to see clearly into others needs and understand how to serve them.

-Mahatma Gandhi

This quote has become very special to me as my adult children have grown and established their own lives. I have often asked myself:

What is my role in their lives?

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What is true love, satisfaction of one's own feelings, or involvement with detachment for the better of the other person, even if it doesn't fit into our own picture?

Our children are very special, they are a gift we are given to nurture for a period of time but at some point we need to let go. My mother used to tell me, that I was leant to her for a period of time and then I would move on and live my life and she would continue hers with my Dad, and so she did.

## **From me to you!**

Dear Students,

this has been the first week of working with the Throat Chakra. Through the course of the week I realized we would need two weeks to cover the various elements which I would like to do, so we will continue this coming week.

In the list of class work I have highlighted the main postures which work with this chakra, we have not covered all yet.

In many classes we spent quite a bit of time working with Sun Salutations (SS) with the Chair. Although many of you are very adept to doing SS without the chair, I ask you to please bear with me as we work on precision of movement and placement which will only enhance your practice when you do the SS without the chair. Plus, as you have experienced, there are many other movements which we can do during this series: stretching the hamstrings, twisting, reaching and opening the shoulder girdle, strengthening the legs, etc.

The bolsters will arrive in the studio on Monday afternoon. If you have not already paid please bring a check this coming week for \$41.82 as I would like to give everyone their bolster as soon as possible, 60 bolsters would take up a lot of space but we will enjoy them in the coming months etc.

See you in class. Namaste...

RoxAnn

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