

Benefits of Yoga:

Yoga gives you stronger “body-responsiveness”. Body responsiveness refers to our relationship with our own body, and, like any other relationship, listening and trust are essential for a strong relationship. A strong relationship with your body means: “I am confident that my body lets me know what is good for me” or “I am able to ‘listen’ to my body and what it needs.”

Core Principles:

Connect and reconnect with your breath. Breathing is a very active and essential component of doing yoga poses. Actively breathing helps you maintain strength and flexibility in a pose. If you find that you have lost track of your breath in certain poses, return to a resting pose such as Child’s Pose or Downward Facing Dog to reconnect with your breath. Breath can also be used to remain active and deepen the pose, such as in twisting poses, a principle commonly referred to as ‘breathing into the pose.’ When you are in a delicate balance between being active and relaxed and are neither straining to ‘hold’ the pose nor fully being lax, this is the fulfillment of the pose.

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, Four-Legged Table Pose*

Forward Bend: *FF Standing, Seated and Wall Versions*

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 Twist*

Balancing: *Warrior II + Reverse,*

Backbend:

Hip Opener: *Supine & Wall Version Pigeon Pose*

Cool Down: *Supine Wide Leg FF,*

Seated again the Wall “SA-Ta-Na’Ma” Mudra Mantra

Savasana: *Supine or Legs Up the Wall with Sandbags*

Important Disclaimer

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The Chakra System: #5 - Vishuddha Throat Chakra, Expression & Communicating
Continuation from last week.

Breathing / Pranayama Exercise: Channel Cleaning Breath - Creates whole brain functionality.

Alternative Nostril Breathing/Nadi Shodhana/Anuloma Viloma

(nah-dee show-DAH-nah) nadi = channel shodhana = cleaning, purifying

Step by Step

Sit in a comfortable asana or in a chair as straight as possible, with seat bones grounded and chest opened out. Breathe freely. Make the gesture called Vishnu Mudra by curling in the index and middle finger of the right hand so the thumb and fourth finger can be used on either side of the nose to close the nostrils. (alternative: same fingers in peace sign and tips place on forehead at eyebrows)

1. Inhale/exhale through both nostrils.
2. Gently close your right nostril with your thumb at the sinus bridge.
3. Inhale through your left nostril for the count of four.
4. Close the left nostril with the fourth finger of right hand, exhale through the right nostril, counting to four. Inhale through the right nostril counting to four.
5. Close the right nostril, exhale through the left nostril counting to four. Inhale through the left nostril counting to four.
6. Release the right nostril and exhale completely.

This is one sequence. You must first feel comfortable with this breathing technique, then different ratios can be added, deepening the exhalations to twice the length of the inhalations – but it is best to learn this technique with a teacher. Retention of the inhalations can also be developed. Ten + sequences are usually practiced daily.

Benefits

This pranayama also strengthens and purifies the lungs, purifies the nadis (energy channels) and increases prana intake. Stale air is eliminated, as you increase the length of exhalation; retention of inhalation increases oxygen intake. The breathing pattern also helps calm the nerves and improves circulation. It is regarded as a general balancer and purifier of the physical and emotional systems.

- * Lowers heart rate and reduces stress and anxiety
- * Said to synchronize the two hemispheres of the brain. **Stilling the breath, stills the mind!**

Essential Oil: I call this “Fresh” individual ingredients from DoTerra - Rosemary, Basil, Peppermint, Lavender, Ylang Ylang

Music: Deuter “Koyasan Kindred Spirit”

Quote:

“The uncertainty of our times is no reason to be certain about hopelessness.” -Dr. Vandana Shive

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For more information contact: RoxAnn Madera 714.421.0477 yogatherapyalacarte.com

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Weekly Review #7

Winter

2018

Dr. Shiva is a Physicist and Activist having written over 20 books. Awarded the Right Livelihood Award.

Time Magazine says: environmental 'hero'.

Forbes article: "7 Most Powerful Women on the Globe" sites Dr. Shiva as one of them.

Currently working with Prince Charles on projects regarding "Sustainable Agriculture".

Advising governments

from Italy to Bhutan to Switzerland, on agriculture and the environment.

Generally considered the most engaged individual working against the development and use of GMO's.

From me to you!

Dear Students,

this week we spent quite a bit of time in most classes dissecting Sun Salutations with the Chair. I am very pleased to see the progress and understanding which is spreading across all classes from your intense work with these movements. Keep up the good work, we still have three weeks (at my studio) of classes to continue with these asana, two more weeks of classes at the Founders Center.

This week I gave out a new photo from Rolf. If you didn't attend class this week please be sure to ask for a photo as he always has 200 copies made so everyone can enjoy. This is the 5th photo of the series, I still have some copies of the previous photos so if you are missing any please let me know either before or after class.

I also gave out two flyers.

Information on our annual retreat in **Joshua Tree**, we still have two double rooms with private bath (425. per person double occupancy). There is a separate house (for 4-5 people) just a few short steps away from the main house, which is perfect for a group of friends/family who would like to share. This house has three sleeping rooms and two and a half bathrooms with a dining area/kitchen and three entrances, lots of space for a group who would like to stay up late and place games, talk etc.

The second flyer is information on "**Core Radiance**", instructional and practical practice on how to work with the pelvic health issues most women are facing. A six week class beginning Saturday, March 10 from 1-3pm and continuing for an additional five weekends (no class 3/31). Total cost \$150. Payment due now if you are interested as the class will be limited and once we have received 8 checks we will confirm the series and if it does not happen your check will be returned. Don't wait or we may all miss out on some very valuable information and experiences. Hand-outs provided.

The new calendars are currently being printed. This coming week I will begin accepting checks for the **Spring session** which will commence on Monday, April 2 thru June 4 (excluding Memorial Weekend when I will be in Joshua Tree).

Monday, Tuesday, Wednesday and Thursday classes will be 9 weeks = \$147.

Friday and Saturday classes will be 8 weeks = \$131.

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Payment due by March 17 to hold your space in chosen class, please make checks payable to Help Your Health.

Bolsters are being dispensed, only a few more to go and then I can start thinking about a class on how to use and enjoy them.

See you in class. Namaste...

RoxAnn

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