

## Help Your Health – The Weekly Review Winter Session 2018 – #09

### **Benefits of Yoga:**

Your body and mind are powerfully connected to each other. Stress and emotions can have a major impact on your body and health. Building your mind-body connection helps you feel more whole and empowered to improve your health.

### **Core Principles:**

Quite your inner critic. Yoga poses are also an opportunity to practice non-judgement, or the ability to let go of the critical negative internal voice that often follow us around. You want to stay alert and active, but not force yourself pat what is safe or comfortable. When you are engaged in a pose, you might find yourself thinking thoughts such as “I am not flexible enough” or “ I want to do a perfect pose”. In yoga classes, you might find yourself comparing yourself to others who are doing a pose that looks more advanced. Yoga is not about perfection. Yoga encourages letting go of perfection and the ability to free yourself rom judgement. Often judgement comes in the for of ‘should’ statement, if you find yourself thinking such thoughts just notice them and let them go. And try not to judge yourself if you slip into judging. Non-judgmental attitude does not mean the you must avoid experiencing any judgements or negative emotions. It just means being able to observe and let go of the negative thoughts when they do happen and not to become entangled with labeling them ‘good or bad’ or ‘right or wrong’.

### **General Class:**

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

**Warm Up:** Hero Pose, Thread the Needle R/L + with shoulder prep arm cross over, *Child's Pose, Cat n' Cow*

**Arm Support:** *Balancing Cat, Heart Lift (with imaginary fruit held by chin), Locust R/L/A- Symmetrical Yogi push-ups/Sphinx push-ups/holding full Dolphin*

**Supine:** Pranayama, the movement of the lungs/diaphragm/rib cage/abdomen/block on belly.

**Forward Bend:** FF Standing, Seated and Wall Versions (read article on blog regarding spine health)

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 DVDs which you can purchase directly from me.

**Balancing:** Tree

**Cool Down:** Bridge

**Savasana:** Complete Relaxation

**The Chakra System:** #6 Ayna -Third Eye/Brow Chakra -repeating again this week, see details in last weeks Weekly Review

**Breathing / Pranayama Exercise:** Observing the movement of the lungs/diaphragm/rib cage/ abdomen with a block on your belly. **Diaphragm:** a dome-shaped, muscular partition separating the thorax from the abdomen. It plays a major role in breathing, as its contraction increases the volume of the thorax and so inflates the lungs.

**Essential Oil:** Peace – emotional blend by  
DoTerra  
Lavender, Clary Sage, Marjoram, Spearmint

Vetiver, Ylang Ylang,

**Music:** Jim Brinkman “No Words”

**Quote:**

*The stupid never forgive or forget, the naive forgive and forget, the wise forgive but do not forget.*  
by Thomas Stephen Szasz (pronounced /sas/; born April 15, 1920 in Budapest, Hungary/ died 2012) was a psychiatrist and academic. He was Professor Emeritus of Psychiatry at the State University of New York Health Science Center in Syracuse, New York. He was a prominent figure in the anti-psychiatry movement, a well-known social critic of the moral and scientific foundations of psychiatry, and of the social control aims of medicine in modern society, as well as of science. He is well-known for his books, *The Myth of Mental Illness* (1960) and *The Manufacture of Madness: A Comparative Study of the Inquisition and the Mental Health Movement* which set out some of the arguments with which he is most associated.

**From me to you!**

Dear Students,

this past week we spent some time looking at the mechanics of respiration. Understanding what a precious and precise process we experience without any effort. Our breath, is our life force and there are many things we can do to enhance and work with its full potential and hopefully never take it for granted. Enjoy the inversion of your choice and breath fully.

For most FV classes this was our ninth and last week of the Winter Session, except for Monday classes which will be held again next week since we did have a holiday in February which was on a Monday.

For students of my studio in OWV we still have one more week of classes, continuing until next Saturday, March 24. Hope to see you all in class.

Registration for FV has just recently opened so I have no statistics on open classes, will keep you posted.

Registration for OWV is just about complete, except for a few students on vacation. Some of the classes have a space or two, if you know of anyone interested please let me know or have them get in touch with me directly. Thank you for any referrals.

Spring Yoga Session will begin on Monday, April 2 at both locations, the session will be continuous for either 8 or 9 weeks until the beginning of June.

I have two spaces available for the Bolster Workshop this coming Saturday, March 24, 1-2:30pm, the group will be small, limited to 10. The price is \$35. including handouts with photos of the positions plus I suggest you bring your phone/camera and I can take a photo of you in the set-up which can also be used as reference for yourself.

See you in class.

Namaste...  
RoxAnn