

Help Your Health – The Weekly Review Spring Session 2018 – #4

Asana this week:

Seated Chair Lift
Strengthening Cactus Arms R/L
Toe Abduction

Name: Purvottanasan with Chair (Seated Chair Lift)

Description:

1. Sit on the front edge of a chair. Place your feet hip-width apart and parallel. Line them up under the knees and then step forward one foot-length with both feet, can readjust after the first lift as knees should end over the ankles.
2. Lengthen up through the sides of your ribs. Pull your shoulders back.
3. Place your hands behind you on the chair seat, curling your fingers over the side edges.
4. Hold your shoulders back as you slowly slide your hips forward and up off the chair. Stretch your knees forward as you puff your chest up. Look forward.
5. Make your body as long as possible from your shoulders to your knees.
6. Breath strongly but quietly while in the pose, maintaining the lift from the inside.
7. Slowly release back down onto the chair to rest. This type of arm-supported back bending builds courage and stamina.

Physical Benefits: To strengthen the arms and shoulders and stretch the front of the chest, improving shoulder extension.

Precautions/Adaptations/Variations: Keep your legs parallel, puff your chest out, and pull your shoulders back. You may choose to release the head back but do not have to do this, just keep looking forward.

Name: Cactus Arm/Shoulder Girdle Strengthening

Description:

1. Stand with your right arm bent and elbow in line with your right shoulder, fingers pointing up, palm facing inward. Support the bent elbow in the palm of your other hand, fingers wrapped on the arm.
2. Isometrically engage the right arm as if you were going to open it away from the body and at the same time pull with the left hand so the right arm does not move.
3. Starting with the elbows below or in line with the shoulders and if you want more you can raise the elbows slightly above the shoulder for a more intense engagement. Switch sides.

Physical Benefits: to improve strengthening and stretching the rhomboid, posterior deltoid and subscapularis muscles. You may also feel the muscles at the back of the neck coming into play.

Precautions/Adaptations/Variations: Keep your arms back in their sockets and your collar bones wide and shoulders down. Hold each movement for 3-5 breaths.

1. With the same bent arm take it across the chest and hold it inward above the breasts. Switch sides.

Name: Toe Abduction -Do your big toes make a right and or left hand turn or do they point straight down the road?

Description:

1. Sit in a chair, feet together. Your feet can be on the floor or elevated on blocks for easier access.
2. Lean forward and touch the inner arches of your feet with your thumbs. This is the location of the abductor hallucis muscle, which will help the big toes to track straight forward.
3. Now position your hands with your index fingers on the inner edges of your big toes, while your thumbs are

on the inner arches. Push your toes inward against your index fingers. Resist the action with your fingers. 4. With your thumbs feel for the contracting muscle along the inner aches. It is at the back of the arch, in line with the inner ankle bone. Repeat the action five or ten times at first, but practice until you are doing it twenty-five or fifty times. Do it daily.

5. After a few weeks of practice, try this pose while standing up instead of sitting. Stand with the balls of your feet touching. Move the big toes together. It is fine if the toes lift up as you move them, but do not move your feet as a whole or your ankles or knees. The most helpful way to avoid bunions is to incorporate this action into walking

Physical Benefits: To strengthen the muscles that will reduce and/or prevent bunions.

Precautions/Adaptations/Variations: Intense concentration will help you activate the muscles that move the toes as instructed. Be patient if it is not easy at first. Avoid moving your feet and knees as you isolate this action.

1. You can also put a rubber band around the two big toes and try to pull the toes apart.

2. Standing, push down on the big toes, after aligning them with the inside line of the foot if possible. Then pull up on the little toes, spread and widen without moving the big toes. If they won't stay down by themselves begin with holding them in place, this can be done while sitting also.

General Class:

Restorative with the Breath: *Legs on the chair with blanket across and lengthwise.*

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

Warm-Up/Prone: *Child's Pose, Walk to the Right/Left, Thread the Needle, Cat n' Cow, Balancing Cat, Child's Pose.... Updog/Plank/Down-Dog (your choice of four different asana in a flow)*

Prone: *Heart Lifts, A-Symmetrical Locust Lifts + Symmetrical, Cobra to Standing*

Standing/Balance: *The Cloud Salutation, Warrior I, Lunge, Arm Crossover and Resist*

Seated: *Slide Chair & Lift to Bow, Moving over the Sitz Bones, Toe Abduction*

Savasana: Supine and Relaxed

Essential Oil: doTERRA "On Guard" Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary

Music: Steve Halpern: "Gift of Angels"

Quote:

"There is no such thing as an accident. What we call by that name is the effect of some cause which we do not see." —**Voltaire** — French Enlightenment Writer, Historian and Philosopher

another thought on the quote.....effect of some cause which we do not **want** to see.....

