

Help Your Health – The Weekly Review Spring Session 2018 – #9

Asana this week:
Pressure Cooker
Side Child's Pose

Name: Pressure Cooker

Description: Sitting Version

1. Sit on a firm chair with your legs parallel and hip-width apart.
2. With both hands on one hip and thigh, manually turn the thigh in and broaden the hip to the side.
3. Perform the same act on the other side as well. This adjustment sets your foundation and allows for the actions that follow to be most effective. This is called 'manual inner spiral'
4. Lean forward and place your hands on the outside of the legs just below your knees. If you have shoulder or arm pain, place a belt to encircle your legs just below the knees instead of using the arms.
5. Widen and retract your sitting bones. Lean forward from your hips, not your waist. Firm all your thigh muscles and inhale as you lengthen out through your spine.
6. As you exhale, push your hands strongly in toward the midline, and press out equally strongly with your thighs. The resisted isometric movement will widen your pelvis, relieving compression in the hips and sacroiliac joints.

Variations: Standing Version

1. Place the belt around your upper shins to maintain alignment of the lower legs.
2. Bend your knees and lean forward slightly, hands on your hips or slightly opened.
3. Strongly widen your thighs, from the hips to the knees, and breathe, keeping your spine long.
4. After several deep breaths, release the action and stand back up.

Physical Benefits:

To strengthen thigh abductors and shoulder adductors and widen the thighs and pelvis without widening the lower legs. To repair and maintain the hip joints.

Once you are familiar with this action, you can apply it to many poses even without the actual forces.

This pose offers a good opportunity to practice intense effort without holding your breath or becoming agitated. Trust the process of building strength and awareness.

Precautions: Take care in the placement of your legs, tracking is important. Press into the sides of the upper shins firmly enough with our hands to balance the strong outward push with your thighs. Keep breathing.

Name: Side Child's Pose

Description:

1. On your hand and knees, using a blanket to pad your knees if necessary, sit back on your haunches.
2. Creep to the right with your hands, curving your torso sideways. Maintaining your legs in their original position.
3. Bend your right arm and place the forearm on the floor to provide a resting place for your head.
4. Stretch your left arm along the floor near your head. Curve it to your right. Hold the hips and thighs steady.
5. Lift up the left side of your ribs and your left armpit to be level with the right side.
6. Find the longest stretch you can make stay there as you breathe deeply. Extend out through your left arm and back through your left hip with a calm, steady effort.

7. To come out of the pose, raise your head and walk your hands back to center.
8. Repeat on the left side.

Physical Benefits:

To stretch the sides, enabling the whole spine to elongate, one-half at a time, facilitating lateral flexion. Extend and lift up both sides of the body even, though the stretch will be on one side at a time.

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*

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

Prone: Heart Lifts, A-Symmetrical Locust Lifts + Symmetrical,

Standing/Balance: **Long Warrior Stance with block on the wall at the knee:** Achilles stretch and Knee dips, Balancing R/L with switching weight from side to side, Breath of Joy

Chair: Heel Slides/Tracking with Lifts, Pressure Cooker, Twist: Squared/Sitting in Car, Toe & Ankle Stretches.

Savasana: Supine and Relaxed

Essential Oil: doTerra “On Guard” Wild Orange, Clove, Cinnamon Leaf & Bark, Eucalyptus, RosemaryStar Anise, unmet, Vanilla Bean, Ginger, Cinnamon.

Music: Deuter “Buddha”

Quote: Frank Gelett Burgess: American Artist, Art Critic, Poet, Author and Humorist

https://en.wikipedia.org/wiki/Gelett_Burgess He coined the term “blurp.”

“Our bodies are apt to be our autobiographies.”

Miscellaneous: These were requests from students, I hope they help.

1. **Gel Yoga toes:** this is one link but there are many more versions relatively similar and doing the same work.

[YogaToes®](#)

2. Printable Link to **Morning Wake-Up Stretch** on my website:

https://yogatherapyalacarte.com/2018/01/20/morning_wake_up_stretch/