

Help Your Health – The Weekly Review Winter Session 2019– #1

Another fresh New Year is here...another year to live...to banish worry, doubt & fear...to love and laugh and give!

The bright New Year is given to me to live each day with zest...to daily grow and try to be my brightest and my best!

I have the opportunity once more to right some wrongs...to pray for peace...to plant a tree and sing more joyful songs!

-William Arthur Ward

The theme this session is: **Breath and Balance** which will also include Posture.

I am asking each and every student to TAKE SOMETHING HOME! It can be from our weekly class, my DVD's, website or previous Weekly Reviews.

Establish a routine of doing one breathing and one balance exercise on a daily basis. It will only take a few moments and in return help you establish a practice with numerous benefits, if you do it daily.

Try to find a specific time which could work for you every day.

You can choose the same exercise every week or change, it doesn't matter as long as you stay with the concept. You can combine the work or do it separately.

Be playful and enjoy!

General Class Sequencing:

Restorative with the Breath: *Legs on the chair(or up the wall) with blanket across and lengthwise.*

Attunement/Starting Pose/Supine:

Morning Wake-Up Stretch,

Printable Link to Morning Wake-Up Stretch on my website: https://yogatherapyalacarte.com/2018/01/20/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, Walk to the Right/Left, Thread the Needle, Cat n' Cow, Balancing

Cat, Child's Pose....

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

Supine: *Bridge Series to Windshield Wipers to the Flop/Rag Doll – Can you let go?*

Standing:

Balance: Either using the back of a chair or facing the wall: Shifting your weight from R/L, pick up in sequence: heel/toe/both, with eyes open and/or closed. Moving with the breath and continuing to Tree R/L -holding for 30-60 seconds on each side.

Balancing & Breath: Standing Tall and Lifting – With buttocks against the wall and block between the hands, Inhale reaching the arms overhead so the block can be on the wall/lengthwise and rise up on your toes.

Coordinating with the breath using a ratio:

2:3/4:2:4/6

pause-still/inhale-reaching & rising/pause-holding/exhale-releasing & returning

Sun Salutations with the Chair: please find details on my website or on my DVD's

Savasana: Supine and Relaxed

Essential Oil: doTerra “**Forgive**” (see separate e-mail with details) Herbaceous & Woodsy!

Uses: Diffuse to promote feelings of contentment. Apply to neck and wrist for feelings of patience and relief. Apply it to a cotton ball and clip onto the car's air vent for a calming aroma. Place on bottoms of feet in the morning to promote feeling of patience. Use during a massage to counteract negative emotions and promote feelings of serenity

Music: Ben Leinbach “The Spirit of Yoga” or George Winston “Winter”

Quote:

“Breath as Anchor”

On the emotional roller coarser of life, it's incredibly helpful to have an accessible mindfulness tool at our disposal at all times. Our breath is just that tool.

Practice bringing your awareness to the quality of your breath a few times a day – you can start spending one minute noticing your breath before each meal.

Practicing giving your attention to your breath will give you something to turn to whenever you need to anchor yourself.

MISCELLANEOUS:

Marie Kondo -the KonMari Method -Tidy your space, transform your life.

<https://konmari.com/>

If you have Netflix I suggest watching any and/all of the 8 part series. The common thread to her philosophy is quite beautiful to watch unfold during this series. There is something there for everyone, be it ever so small OR a garage which has no space for the car.