

Help Your Health – The Weekly Review Spring Session 2019– #3

General Class Sequencing:

Attunement:

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

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:

continue with the addition of feet flexion/extension as explained in previous weekly review.

Balancing Cat:

continue with the addition of nose/knee and elbow/hip as explained in previous weekly review.

Yogi Snack: *no prep necessary, just a short sequence which consists of 2 or more asana, concentrating the movement in tune with the breath.*

ex: Child's Pose, Puppy (exhale) to Up-dog (Inhale) return and repeat x6 or more.

Can add: Cobra, Plank/Side-Plank, Down-Dog. Lunge R/L to make a longer vinyasa but add slowly as the body warms up and your time allows.

Additional ideas under General Short Flow Sequences (DVD Vol.2)

On the Abdomen (Prone):

It is important to build up tolerance to be able to lay on your abdomen for a period of time, even if you are unable to do asana/movement/posture in this position.

General Position: Lie on your abdomen with your forehead resting on your hands or hands slightly above head if resting on them does not feel comfortable, legs straight/hip width apart.

Release as much of the front of the body onto the floor as possible, while lengthening the legs and spreading the elbows.

Remain in this position for 5-15 minutes.

Though out all the following movements try to keep the forehead on the blanket/hands, try not to turn to the right or left or rest on the chin. But, of course never do anything which may be painful, stop immediately, seek professional advise.

*Whenever the **Pelvic Press(PP)** is performed also tighten the lower abdominals and pelvic floor at the same time.

Do not hold your breath for any of these movements. Keep the breath flowing, sometimes a little slower with a moment pause/not hold between the two parts of the breath.

1. Pelvic Press (PP)

1. Lie on your abdomen in the prone position placing the hands, palms up, thumbs extended and possibly touching, under the pelvis with the heels of the hands on the prominent pelvic bones, fingers pointing toward the public bone.
2. Feel the weight of your body on your hands and gradually increase this weight by pressing your pelvic into your hands.
3. Hold for 3 seconds, then relax. Repeat 3-5x.

Do not do a pelvic tilt. This exercise strengthens the buttocks, upper hamstrings and lower back extensors.

2. Sternal Press (SP)

1. Lie on your abdomen in the prone position, arms out to the sides in a “W” position (similar to cactus but slide the elbows below the shoulder height). You may place a small cloth under both forehead and sternum if necessary.
2. Press the serum into the towel (this is the breast bone between your ‘shining light’ and ‘multi faceted jewel’)
3. Hold for 3 seconds, then relax. Repeat 3-5x.

3. Head Lift (HL)

1. Lie on abdomen, forehead resting on hands (or a folded towel), palms down, head not turned to either side. Perform the **PP and SP** while also tightening the lower abdominals and pelvic floor*.
2. Tuck the chin very slightly and hold as you raise your head straight up off the hands or blanket. As you lift your head you should pretend you are looking in a mirror directly under the face and continue to see your entire face in this imaginary mirror.
3. Hold for 3 seconds, then relax. Repeat 3-5x.

The actual movement is very small, but you must do the exercise correctly to get the most benefit.

Do not tilt your chin up as you lift your head.

Do no press on your arms, which would raise your upper body as you lift your head.

This exercise stretches the tight structure on the front of the neck while strengthening the muscles that hold the head up against the force of gravity. It may not feel comfortable for everyone, especially if you are holding your head in a forward head syndrome.

4. Pelvis Press with Knee Bends

1. Start with the **PP**.
2. Slowly bend one knee and bring the heel toward the buttocks as close as you can while holding the PP.
3. Hold for 3 seconds, then relax. Repeat with the other leg.
4. Repeat the same process but this time do not engage the PP until after you have brought each heel separately towards the buttock.
5. Repeat both of the above techniques each with both legs bending at the same time.
6. Repeating each option 2x.

When lifting legs, keep head down and do not twist the body.

Stretches the rectus femoris muscle on the front of the thigh.

Strengthens the muscles on the back of the legs/hamstrings.

5. Prone Arm Lifts

1. Lie on your abdomen, head in neutral position, forehead on folded towel, arms extended up alongside your head, each movement can be done with palms down or facing each other. Try both and see which works best for you.

2. Perform **PP and SP**

3. Lengthen both arms slightly along the floor, keeping elbows straight, raise one arm off the floor.

4. Hold for 3 seconds, relax, Repeat 1-2x. Repeat with other arm. Then both arms together.

When lifting arms do so straight towards the ceiling, Do not allow arm to move out to the side or rotate.

Once you can do this easily, try holding small weights in your hands.

This exercise strengthens the shoulder girdle muscles that help stabilize the body for shoulder movement.

6. Prone Leg Lifts

1. Lie on abdomen, hands under pelvis or towel under hips, arms at sides. Do a **PP**.

2. Lengthen one leg from the waist, sliding front of leg along the floor, Keeping knee straight.

3. Lift from the waist and raise one leg off the floor, do not lift the corresponding hip.

4. Hold for 3 seconds, relax, Repeat 1-2x. Repeat with other leg. Then repeat using both legs together.

Caution: Be sure to engage and keep the PP as you lift, especially when lifting both legs together. These two exercises are strenuous.

Do not hold your breath.

These exercises strengthen the large hip extensors/buttocks and upper hamstrings that help you get out of a chair and go up and down steps.

Plus strengthening the lower back extensors that help hold your back up against the force of gravity.

Alternative with Knees Bends

1. Bend both knees to a 90degree angle so the bottom of the feet face up toward the ceiling. Do the **PP**.

2. Keeping knees bent, lift from your waist and raise one leg off the floor, straight up towards the ceiling. Do not point your toes.

3. Hold for 3 seconds, relax. Repeat 1-2x. Repeat with other leg. Then repeat using both legs together.

This exercise targets the gluteus maximus muscle, the primary hip extensor that helps you get up out of a chair.

7. Prone Leg/Arm Lifts

1. Lie on your abdomen, head in neutral position, forehead on folded towel if necessary, arms extended up alongside your head, each movement can be done with palms down or facing each other.

2. Perform **PP and SP**

3. Lengthen both arms and legs.

4. Hold for 3 seconds each as you do the following lifts: R/arm-R leg, L/arm-L leg, R/arm-L/leg, L/arm-R/leg, basically same side lifts and then opposite.

5. Repeat each lift 1-2x.

When lifting arms or legs, keep head down and do not twist your body.

Raise arms by using the shoulder blades, not the shoulders, keeping arms close to head with straight elbows.

Raise legs with the knees straight, lifting from the waist.

This exercise strengthens the muscles between the shoulder blades, hip extensors and back extensors (buttocks and upper hamstrings) which are the muscles that hold back and head up against the force of gravity.

8. Upper Body Lifts x6

-most of these are the same body set up as in the first example except for the arms

Arms Alongside Body:

1. Lie on your abdomen, head in neutral position, with forehead on folded towel, arms alongside body, elbows straight, palms down or facing body.
2. Perform and hold **PP and HL**
3. Squeeze backbone with shoulder blades towards mid-line.
4. Your shoulder and arms will come off the floor in this position, then raise chest. Hold 3 seconds, relax repeat 1-5x.

Clasped Hands/Steeple: arms long and laying on buttocks/do not lift, hands interlaced, steeple index fingers pointing to feet.

“T”: arms directly out to the sides, shoulder height

“W”: cactus with elbows slightly lower than shoulders

Suspension Bridge on knuckles: elbows bent and facing up to ceiling in line with shoulders, fist/knuckles on floor directly under elbows, lifting arms and possibly chest

Arms Overhead: as before

Combination with Shoulder Blade Squeeze: three positions during 3-5 second count: overhead, “T” and alongside body. Can also be done in reverse. Be sure to pause between each placement but stay engaged.

To counter this work in a prone position, at the end one can always lay supine bringing the knees to the chest and make a ball of the body, squeezing, rocking and circles whichever feel like a good release of the lower back. Especially helpful if the core is not strong and was not always engaged upon movement.

Savasana: Supine and Relaxed

Essential Oil: doTerra “Serenity” -the restful blend in 15ml bottle plus soft gels to swallow.

Music: Deuter

MISCELLANEOUS:

“It is not only what we do, but also what we do not do, for which we are accountable.” -Moliere

Do you know Greta? Here is a link to my most recent post. If this post touches you than please forward to others. Each of us doing our part to spread the word.

<https://yogatherapyalacarte.com/2019/04/18/do-u-know-greta/>