

## Help Your Health – The Weekly Review Spring Session 2019– #4

### 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/](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:

Inhale for Cow with added pointing toes and Exhale for Cat with curled toes -pressing down on each and feeling the work being done in the legs. Don't be surprised if the toes/feet cramp in the beginning this will eventually go away. With the added foot movement the actual asana of cat n' cow will move much slower which will emphasize and challenge the breath, creating more awareness.

#### Balancing Cat:

**Inhale:** reach with R leg back -flexing foot and L arm forward -reaching with wide fingers

**Exhale:** bring R leg bent/knee towards chest and L arm back bringing elbow to L hip -keeping hand engaged and facing midline

continue 3x on each side and do 2 sets ending with Child's Pose resting the wrists

Continue with Balancing Cat for 6 breaths in the 'still point' with nothing moving/hold.

After the 6 breaths you can reach back for the ankle if you would like or not.

Repeat on the other side

#### Prone:

**Yogi Snack:** no prep necessary, just a short vinyasa flow which consists of 2 or more asana, concentrating the movement to be 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.

**Alternative:** Keeping knees down on the mat during Up-Dog, Plank and Down-Dog.

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

**The following is a copulation from the book "Yoga for Osteoporosis" by Dr. Loren Fishman M.D., he calls the list the "All Stars".**

We did many of the following in classes this past week and since everything is from previous classes I have not given descriptions in detail. Those listed below can be found in the archives of weekly reviews.

Please check out and print the following link:

**[Yoga & Osteoporosis, Osteopenia and Prevention Asana 1-10"](#)**

**Standing:**

Tadasana + Versions

Forward Fold with Half-Way Up

Downward Facing Dog incl. free standing/at wall/with chair/slight lift of the knees

Lunge w/wo chair

Warrior I static/dynamic

Warrior II to Side Angle in/out

Triangle

Wide-Open Stance w. FF and R/L -free/at wall/using chair/table w blocks

Tree

**Sitting:**

Spinal Twist in Chair or on Mat

Forward Fold in Chair or on Mat option using strap/block

Boat

**Prone:**

Childs Pose/Puppy

Balancing Cat/Table Dog

Cobra + Sphinx/Various Arm Placements to Up-dog

**Supine:**

Legs Up the Wall with Various Leg Movement and Stretches  
or Legs Up Free Standing using a strap over the bottoms of the feet with movement

Bridge

Windshield Wipers

**Savasana:** Supine and Relaxed

**Essential Oil:** doTerra “Melaluca/Tea Tree Oil ”

**Music:** Deuter

**Quote:**

**The Four Agreements:** Be impeccable with your word. Don't take anything personally. Don't make assumptions. Always do your best.

**Don't Make Assumptions/Discern the Truth:** *“The problem with making assumptions is that we believe they are the truth. We make an assumption, we misunderstand, we take it personally, then we react by sending emotional poison with our word. This creates a who big drama for nothing.”*

by Don Miguel Ruiz

Anagual from the Eagle Knight lineage, is dedicated to sharing his knowledge of the teachings of the ancient Toltec.

Don Miguel is the New York Times bestselling author of: The Four Agreements, The Mastery of Love plus many more... He lives in San Diego, California.

**MISCELLANEOUS:**

Suggested books for yoga:

**Yoga for Dummies** by Dr. Larry Payne and Georg Feurstein

**Yoga as Medicine** by Dr. Timothy McCall M.D.