

## **Help Your Health – The Weekly Review Spring Session 2019– #5**

This weeks class has been a repeat of the second class held this session.

General Class Sequencing, Attunement, Warm-UP, *Think Taller* – Posture Visualization/ Observation, *4- 1 minute sequences on the wall* – Push-Ups and Squats, *Decompression Series* on the Back/Supine x6.

What has not been the same this past week is the following:

**Savasana:** Supine and Relaxed with hand on the rib cage/feel the expansion and contraction of the breath.

**Essential Oil:** doTerra “Revitalizing Body Butter” with Wild Orange, Douglas Fir and Frankincense, a refreshing moment of nature for the skin.

**Music:** Parijat “The Healing Path”

**Quote:** the following is by **Viktor Frankl “The Meaning of Life”**

*The Way in which a man accepts his fate and all the suffering it entails..*

*The Way in which he takes up his cross – gives him ample opportunity – even under the most difficult circumstances – to add a deeper meaning to his life.*