

Help Your Health – The Weekly Review Spring Session 2019– #6

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 on [my website](#).

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, Balancing Cat-Challenging/Static

Yogi Snack – short Vinyasa flow with the breath, your choice of Asana.

JOINT FREEING SERIES – ENERGY FREEING PRACTICE (Pavamuktasana) by Mikunda Stiles

Pavanmuktasana = pawana means namely air, wind or the vital breath

Mukta = free

Asana = “to be seated in a position that is firm, but relaxed”

The following series: Pavanmuktasana, moves every joint gently and systematically throughout its full and natural range of motion representing all the basic motions of the body. Starting with the feet and ankles, moving up to the knees, hips, torso, and spine and finishing with the neck.

It is suggested when you first do this series, to evaluate your joint suppleness. Possibly keeping a record of how your mobility compares to the standards of range of motion shown on the illustration, you can print out the PDF. Unfortunately, this PDF does not have the degrees/percentages as is shown in his book “**Structural Yoga Anatomy**”.

Link to the **[Charts](#)**:

The version I have chosen to teach does not just concentrate on the digestive benefits of the series but works on expelling the stagnant air of the body joints. The motions described in this series represent all the basic motions of the body. I did add some toes and fingers which we have covered in class and which I cover more extensively in my 2 1/2 hr. workshop call “**A Walk Thru the Body**”. This series is also a part of my available DVD's Volume 1 which you can buy directly from me.

One advantage of this series is that it can be performed regardless of any age, taking into consideration some adaptations, depending upon bodily restrictions.

This series has many other benefits but just to mention a few:

1. Giving a heightened awareness and distinction between stretching and contracting muscles.
2. Relieving joint pain and stiffness, if a joint is stiff, it lacks full mobility.
3. To observe and diagnose areas for comparative freedom as in the movement of the wrist, does one or both possible try to rotate when you flex or move smoothly. Early phases of carpal tunnel can be noticed from possibly excessive keyboarding.
4. Isolate muscles and test for comparative strength and stamina.

5. Alleviate conditions associated with poor circulation by focusing on making complete motions of each joint systematically which moves synovial fluid within the joint capsule and enhances vascular circulation.
 6. Especially beneficial for those with limited mobility due to injuries and arthritis.
 7. Combining the breath with the movement in order to stay focused and not to 'space out'
-there are more explanations and reasons listed in the book.

How to and where to begin:

Performing each movement 6x on each side while engaging the Ujjayi breath and being mindful that we only Inhale on the extension or straightening of the joint and Exhale on the flexing or contracting.

This regular practice of harmonizing the breath with motion increases self-awareness and this in turn can be reflected in all activities of life.

Savasana: Supine and Relaxed

Essential Oil: Shalee Basic-H including bottles and Scour-Off.

Music: Oskar Schuster "Solo"