

## Help Your Health – The Weekly Review Spring Session 2019– #8

### General Class Sequencing

#### Attunement Supine

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

#### Warm-Up/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), Legs/Arms UP -Ankles/Wrists Flex-Extend*

#### Warm-Up/Prone

*Child's Pose, Walk to the Right/Left, Thread the Needle, Cat n' Cow, Balancing Cat:*

#### Standing/Supine/Prone

This week we practiced the **5 Tibetans**, from preparation to actual. Please go to the [link](#) for details plus various drawings of each Tibetan.

You can also find all versions on my DVD Volume #1 (\$10.)

After each Tibetan please add the following: **When you finish, stand with your feet firmly planted and your hands on your hips. Take two full, deep breaths, inhaling through the nose and exhaling through the mouth, with your lips pursed in an “O”.**

Don't be surprised how long these two breaths become, especial the exhale.

In some classes we also did **“Butterfly and Clock”**. Previously described in detail.

**Savasana:** Supine and Relaxed

**Essential Oil:** doTerra “Citrus Bliss ”

**Music:** Deuter “Reike Hands of Love”

**Quote:**

from the book: **“A Year of Living Your Yoga”** by Judith Hanson Lasater, Ph.D., P.T.

**“Control is a dangerous illusion”**

-I have found that my need to control things is based on fear and is a strategy for feeling safe in the world. Today focus on one small aspect of your life that you feel you need to control. Consider your need and what lies beneath it. Then make a decision to let go of controlling it. Breathe as you do.

**“If you are confused, be the best confused person on Earth”**

-When we are confused, we feel agitated. This agitation has more to do with what we tell ourselves about being confused rather than actually being confused. Today when you feel confused, stop, take a breath and let yourself feel totally confused. You will smile. Being confused is not the problem; our reaction to being confused is the problem.

**“Am I doing the right things for the wrong reasons?”**

-To live an authentic life, we must live from our own integrity. No matter how laudable your choice today, if it is made for someone else's reason, then it will not make your life more wonderful. Choose from your heart today with courage and love.

**“Whatever we experienced as a child, we consider normal.”**

-What we learned about love and relationships from our childhood feels normal. But just because something feels familiar doesn't mean it is healthy. Spend five minutes today quietly reflecting on one of your relationships. Does it enrich your life? If you find that it doesn't, consider what changes you need to make so the relationship feeds you.

#### **MISCELLANEOUS:**

For more information on **Dr. Tel-Oren** (recent lecture and skin clinic at The Living Temple)

[www.ecopolitan.com](http://www.ecopolitan.com)

“Embrace the Sun” – written by M.B. Sorenson, E.D. & W.B. Grant Ph.D.

Foreward by .F. Holick Ph.D., M.D.

Preface by Adiel Tel-Oren (Dr. T.) MD, DC, CCN