

Help Your Health – The Weekly Review Summer Session 2019– #1

Session Theme: Arthritis

General Class Sequencing

Attunement

Restorative with the Breath:

Legs on the chair(or up the wall) with blanket across and lengthwise under the back. 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/

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 R/L @ Finding the still point for 6 breaths/switching sides then Challenging for 6 breaths bringing knee to nose and elbow to hip following with reaching back for the ankle (optional).

Standing

Arm/Shoulder Engagement and Reaching out and overhead.

Using other muscles which are not automatically used for this movement. While doing multiple reps you may feel this in the arms and upper torso but should not be engaging/using the shoulders and neck.

Imagine the hands are shovels and scooping weight into them as you reach out to the sides and up to forgiving limbs on the inhale. Turn the palms over (not at the shoulders) and slower lower the arms on the exhale.

Do not use weights in the hands for doing this movement, use your imagination and let the back muscles pull and hold the shoulders down and keep the shoulder blades in their pockets.

Visualize and feel the placement of your shoulders in various other movements as I am feeling now as I type this note to you.

Are you shoulders feeling like earrings??

They should not, keep reminding yourself of this slight fact.

This is a combination mind and body work, it doesn't happen without the concentration of your mind but will become natural after enough practice.

Just check out how often you raise your shoulders during the day!

**Breath of Joy
and
Forward Folds with Half-UP (Uttanasana/Ardha Uttanasana)**

Detailed explanations for both of these you can find in the archives ([Revisit, Research, Reflect #41](#)) this is from your WR#05 Spring 2017.

5 Tibetans:

see previous Weekly Reviews and [Videos on my website](#) or DVD's (all modifications/versions included in the DVD)

Free Standing: **#1 Tibetan Twirling**

Supine: **#2 Tibetan Leg Lifts**

Prone and Standing: **#5 Tibetan Updog-Downdog** (can be done using the chair)

Please don't forget the two cooling breaths after each Tibetan with hands on the hips, exhaling with pursed/o shaped lips, inhaling through the nose.

Additional reading: <https://upliftconnect.com/the-five-tibetans/>

Warrior I – II – III Static and Dynamic w/wo Chair

In some classes, time providing we also did the **Bridge Series**, beginning with simple pelvic tilt to full bridge to FF to windshield wipers.

Savasana: Supine and Relaxed with the sandbag on your belly.

Essential Oil: doTerra “Deep Blue ”

Music: Deutter “Reike Hands of Love”

Quote: from the book “**Awakening**”

Available here: “[The Book of Awakening PDF by Mark Nepo](#)”, options for a free download or purchase.

A Profound Bow

All streams flow to the sea because it is lower than they are. Humility gives it its power.

—LAO-TZU

There is a Yoga Mudra, a kneeling posture of exercise, where by bringing your head to your chest while extending your arms up and out behind you, you can practice placing your head

beneath your heart. And from this humbling position, you can't help but tire, and so, you must put your arms down.

With your head beneath your heart, you must stop doing.

Soon after learning this, I came upon a woman who had been a nun, and she told me that she would practice for days upon days similar postures of Gregorian Chant: incline, bow, and profound bow—
each bringing the head lower and lower to the earth.

This holds a powerful lesson:

Time and time again, the head must be brought beneath the heart or the ego swells. **If you do not bend, life will bend you.** In this way, humility is accepting that your head belongs beneath your heart, with your thinking subordinate to your feeling, with your will subordinate to the higher order. This acceptance is key to receiving grace.

To Do:

Lay your head down and the world of being will open its joys.

Sit quietly on your knees, and as you breathe, incline forward.

After a time, breathe deeply, and as you exhale evenly, bring your head below your heart while extending your arms behind you.

After a time, bring your head, if you can, to touch the floor and offer thanks for being humbled.

Miscellaneous:

Your imaginary gift from me to you, a small box to take home and if you take the lid off, it contains your yoga practice. You can turn this imaginary box into a real box and week by week add something special on a small piece of paper, over the weeks/months etc. you will have a treasure trove of ideas to pull from for your practice. It begins with only a few minutes and one idea, watch it grow until when you miss a day you feel something is really missing from your life. I hope you find that special place.