

Help Your Health – The Weekly Review Summer Session 2019– #3

Session Theme: Arthritis

Attunement:

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/

Hip Openers with Bent Legs(Small Circles Together, Circles Apart and Large, In/Out Together), Legs/Arms UP -Ankles/Wrists Flex-Extend,

Hip Openers with Strap to Happy Baby and Cobblers with the Strap

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).*

Sitting:

Pranayama

How to Use Your Breath to Energize or Unwind

Autonomic Nervous System/ANS -coordinates cardiovascular, respiratory, digestive, urinary and reproductive functions. It constantly monitors and adjust internal water, nutrient and gas balance – and does so without instructions or interference of the conscious mind. The ANS is concerned with maintaining homeostasis within your body.

It contains two primary divisions – SNS and PNS that work in opposition, whenever one is being activated, another one is being suppressed.

SNS -the accelerator, increases alertness, metabolic rate and muscular abilities. When this occurs you will experience the following: increased alertness, a feeling of energy and euphoria, elevated blood pressure, heart rate and breathing rate, a general elevation in muscle tone and mobilization of energy reserves. When you inhale, you turn on the SNS, slightly speeding up the heart beat.

PNS -the brake, is concerned with relaxation, food processing and creating energy reserves. When this occurs you will experience decrease in alertness, feeling of calmness and relaxation, reduction in heart rate and force of contraction, construction of the respiratory passageways and increase in digestive activity. Whenever you exhale, the PNS turns on and activates the vagus nerve to slow down the heart rate.

Kapalabhati Breathing (rapid forceful exhalations)- [see explanation PDF](#)

5 Tibetans: see previous Weekly Reviews or DVD's (all modifications/versions included)

Free Standing: #1 Twirling

Supine: #2 Tibetan Leg Lifts

Prone: #3 Tibetan Camel

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.

Savasana with Guided Visualization **“My Secret Space of Serenity”**

Essential Oil: doTerra “Breathe ” -inhaler

Music: Parijat “Serenity”

Quote: “Being tolerant does not mean that I share another one's belief. But it does mean that I acknowledge another one's right to believe, and obey, his own conscience.”