

Help Your Health – The Weekly Review Summer Session 2019– #4

Session Theme: Arthritis specifics this week Hands/Fingers/Forearms

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

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).*

Prone

Down-Dog – alternative for those with wrist issues.

Place a block on your mat crosswise with the hands on either side, palms facing up with pinkies adjacent to block and thumbs pushing down on to the mat.

Pick up the knees, be in Down-Dog releasing the shoulders back so they are not perpendicular to the elbows and head is freely released but not resting on either block or mat.

Dolphin –

Begin in Table Pose, interlace hands and place the outside of hands on the mat (be careful to slide in and place your bottom picky finger behind the other so there will be equal weight on both).

Placement of the knees will change with strength and ability as the closer they come towards the elbows the more difficult the range of the movement will become.

Always keeping the buttocks up and in dog tilt.

Slowly bring the shoulders forward, possibly enough that the chin/nose begins to pass over the hands and eventually even lower towards the floor, you will be looking back between the legs as the head comes forward.

Then move the head back through the arms to release the forehead to the floor.

Be mindful that the elbows remain within shoulder width distance as they will have a tendency to slide outwards.

You can easily judge their width when you are able to feel your hair/ears sliding past your upper arms then the elbows are in place.

Advanced:

If this process is too easy then take the knees off the floor.

Do not expect to go as far forward as before or as far back but you will have concentrated/intensified the strength building work into a smaller area of the upper body.

This can be done in sets of three with each set consisting of 6-12 depending on which version, eventually using the last one or two for lifting the knees at the end of each set.

Until they are all done with the knees off the floor (can be slightly bent if the hamstrings are tight).

This asana can be easier for men to do, but it is highly effective for women who would like to build arm strength.

Adaptation/Variation:

The only change is to place the forearms perpendicular to the front edge of your mat/palms and fingers (middle finger pointing directly forward) flat on the mat.

The elbows are in the same place as the interlaced hand version, they will again have a tendency to slide outwards, please try to keep them within shoulder distance apart.

This arm variation may be easier for some students, be mindful how far you go forward as you still will need to stretch back towards Child's pose.

Still keeping the hips directly over the knees with the knees hip to shoulder width apart at the beginning of each movement.

Sitting

Hands/Fingers stretches/strengthening plus forearm to shoulders -details in up and coming workshop to be announced

Pranayama

review **Kapalabhati Breathing** (rapid forceful exhalations)- see explanation PDF last week

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

Free Standing: #1 Twirling (working up to 21 by the end of this season- unless you have certain situations)

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 Visualization "Moving Slowly"-tried doing this but time was always limited so we will repeat this coming week and not try to rush through an experience in slow moving.

Essential Oil: doTerra "Rosemary"

Music: Parijat "Ease"

Quote: ["Parenting Manifesto"](#) by Brene Brown

Misc: [“The Facts on Protein”](#) by Ocean Robbins

There were many questions this week about getting enough protein if your diet consisted mostly of fruits and vegetables. This handout is a good explanation from a worthy source who has spent his life on the subject of nutrition and all aspects healthy eating. You may want to check-out his newsletter for more information.