

Help Your Health – The Weekly Review Summer Session 2019– #5

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).*

Standing

The Cloud Salutation

Any movement of the body releases energy. On some days, the world is shrouded in a damp fog of yin energy: vigorous movement just isn't in the cards. On some days you just want to be a cloud and float.

Floating is still moving and even while floating you can practice awareness and balance.

Cloud Salutation is a wonderful way to move with the flow of life when it is quiet, or when you need to build some quiet in your life.

When you flow in the Cloud Salutation, move slowly, gracefully, like a cloud floating upon the wind of your breath.

Once you have leaned the graceful movements of the clouds, you can challenge yourself even more:

move like the clouds move, with their eyes closed.

Clouds don't look where they are going: they don't even care where they are going – they just go. Keep your breath calm, even if you begin to wobble.

If the wobbling becomes too dramatic, open your eyes; come back to the original flow for a few cycles. This flow can become addicting. Enjoy it.

Description:

Consisting of three breaths on each side, begin with the right, continue with the left. This is one round.

Begin by stand in a firm, grounded mountain pose, arms at the side. Hugging/engaging the legs and lifting the crown of the head, strong Tadasana.

Breath #1: Inhale and lift the arms overhead.

Exhale and bring the knee up to hip level, always with foot flexed when lifted.

Breath #2: Inhale take the arms out to the sides. **Exhale** move the knee out to the side.

Breath #3: Inhale bringing the arms overhead and the knee back to center. **Exhale** and slowly return both back to original position.

(If you would prefer single movements on inhale and exhale than just do the salutation in four breaths but make sure you do not go on ‘auto pilot’ and stay focused and concentrated.

Do multiple rounds.

Keep repeating the flow, alternating sides and when you are done return to your mountain, close your eyes and feel the flow still moving inside you.

You can also close your eyes during the flow when you feel comfortable doing so.

Physical Benefits: Working on your balance and lengthening the breath. Strengthening the leg, opening the hips. Maintaining good posture.

Precautions/Adaptations/Variations: Instead of lifting the knee to the front and side, bend the knee and rest on the toes touching the floor, to the front and sides.

You can begin this flow by leaning against the wall for support, eventually free standing. It is a slow process to do with the eyes closed. If you can use a ‘drishti’ fairly close to the face it will make the balance easier, a point of focus.

I would suggest lifting the knee, as often as possible, while standing on one leg, with a pause. Working on this until the knee is hip height forward and out, notice how taking the knee out to the side will interfere with your balance.

You can also, either standing in place or walking, lift the knees to meet the palms. Start slow and work up to 60 sets per minute (that 120 lifts) and watch your cardio being challenged.

Standing Eye Exercises x2

Eye Focusing: Switching focus between Near/Far, also using the thumb (stretched arm forward and level with eyes) for focus as well as a far away point. Do with both eyes open and then single with the other closed.

Eye Movements: Up/Down, Right/Left, Circles clockwise/counterclockwise, Jump around the Clock 1-12.

Palming: rubbing the hands vigorously together for a moment until you feel warmth and then cupping your palms over your eyes to block out the light, making sure not to touch the eyelids.

Physical Benefits: Strengthens the muscles around the eyes. Improves circulation to the eye area. Stimulates the Ayna Chakra (third eye).

Pranayama

review **Kapalabhati Breathing** (rapid forceful exhalations)- see explanation on previous WR - PDF

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

Free Standing: #1 Twirling

Supine: #2 Tibetan Leg Lifts

Standing: #5 Tibetan Up-Down/Down-Dog

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" this was done in some classes only, will continue after session break.

Essential Oil: doTerra "Breathe" -the Inhalers have arrived and I ordered some extra.

Music: Parijat "Offerings" -this I found in I-Music, accessible with a monthly subscription.

Quote:

"If you can't handle me at my worse, then you don't deserve me at my best." -Marilyn Monroe