

Help Your Health – The Weekly Review Summer Session 2019– #6

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:*

30 minutes in the chair, a small sampling of Yoga in/with the Chair and Office “OM”

1. Proper Chair Posture with the block between the knees

2. Deep Breathing into the Upper Arms

3. Cervical (Neck) Movements:

Flexion/Extension, Rotation, Later Release using the arm for a longer hold.

4. Cat n' Cow: Ever so slightly to full flexion, being discreet or not.

5. Arm Raises/Floating: proper alignment of arms released next to body

Palms turning out and in without obvious shoulder movement

Floating to and fro 6 inches only away from torso

Floating to and from shoulders

6. Arms Floating to overhead, fingers touching, interlaced, turned inside out.

Twisting R/L

Lateral Release R/L

7. Wide Open Legs with Alignment of knee/big toe, hands at the hip cradle

Lift n' Laugh -Getting Up and Down – no hands with forearms rested on the thighs

Forward Folding thinking of a posture pose aligning the back from tailbone to the head

Hands to the inside of the knees as the torso make circles leading with the heart R/L

8. Hamstring Extended Leg Stretch R/L

9. Lunge in the Chair (Less is more!)

Low Lunge with lift -holding on to the chair as much as necessary, bent knee directly under hip

Quad stretch with leaning back and rolling back on the sitz bones

High Lunge with straight back leg and lifting, toes curled under

10. Warrior II in the Chair + Reverse

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

Standing: **#1 Twirling**

Supine: **#2 Leg Lifts**

Sitting: **#4 Picnic Table**

Prone or Using a Chair: **#4 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.

Working up to 21 of each by the end of August. If you need an alternative please let me know and we can work on what is best for your body.

Savasana

Essential Oil: doTerra "Terra Shield " -the Outdoor Blend as a repellent, in 15ml & spray bottle.

Music: Parijat "The Healing Path"

Quotes:

The state of your life is nothing more than a reflection of your state of mind.

Enjoy everything that happens in your life but never make your happiness or success dependent on an attachment to any person, place or thing.

By referring to previous struggles and using them as reasons for not getting on with your life today. You're assigning responsibility to the past for why you can't be successful or happy in the present.

-Dr. Wayne Dwyer

Misc:

Reminder of “**Healthy Happy Hands**” workshop on Saturday Aug 17 & Tuesday Aug 20.
New **Calendars for Fall** were handed out plus agreement sheets as **checks are due by Aug 21**.
New Photo “**A Meditating Orchid**” was given, what do you think it looks like?