

## Help Your Health – The Weekly Review Summer Session 2019– #7

### 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/](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 – Victorious (Ocean) Breath or often called Ujjayi**

This breath is commonly used during yoga postures and should fill your room with the sound of the ocean.

The breath is slow, calming and quiets the mind although it should be loud enough that the people next to you would hear your breathing.

When you listen to your breath, you will also find that it can drown out the distracting thoughts in your mind.

This breath also stirs energy in the body, keeps the mind focused when you hold a pose, and can be used to pace the flow in a sequence of poses.

This breath can also be used when engaging in many other physical activities. I have often used it while washing the dishes, walking etc.

1. Sit in a comfortable position.
2. Close your eyes and let your body relax, summoning self-acceptance.
3. Inhale through your nose slowly and smoothly by expanding the lower chest first, then the middle rib cage and finally the upper chest.
4. Exhale through your nose and keep your mouth closed while gently constricting the back of your throat, or glottis, as if you are saying the word 'home' (or fogging a mirror with the mouth closed).
5. Your exhalation should pass through the back of your throat so that it sounds like a distant ocean wave or Star War's Darth Vader.
6. Continue the next cycle of breath when you are ready.
7. Continue to follow the sound of your breath for 10 cycles.

### **Standing: Reviewing the important components of Sun Salutations With the Chair.**

1. Standing in Tadasana. Doing **Forward Folds** in combination with **Half-Way Up**(back similar to Cow). Slowly with the Ujjayi breath for at least a series of 12. (preferably 20+ if you are feeling stiff).
2. Forward folding and stepping back into a **Long Lunge**. Trying not to rely on the chair too much, can you bring your hands to your forward knee or out to the sides or up overhead. Holding for a full breath, then folding and switching legs. x6 on each side.
3. From a long lunge continue to a **Low Lunge**, repeat the arm movements and hold. Working on balance. The next question while you are in the low lunge, is how do you come out of this position? Begin with the hands on the knees and come up to standing, how much do you need to press down with the hands to come up? Eventually progress to not using the hands at all! x4 on each side.
4. A simple flow of **Up-Dog/Down-Dog**, either using the chair or not or a combination.

When you do this one try to bring the number as close to your Tibetan number as you can.

**5 Tibetans:** see previous Weekly Reviews or DVD's (all modifications/versions included)  
Standing: #1 Twirling

Supine: #2 Tibetan Leg Lifts

Sitting: #3 Tibetan Camel

Prone or Using a Chair: #4 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.

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 "**Lavender**" -available in 15ml pure & 10ml Roller Bottle(pre-mixed from the company) or you can buy an empty from me and mix your own..

**Music: "Yoga Moods"**

**Quote:**

*Stand up to your obstacles and do something about them. You will find they don't have half the strength you think they have. -Norman Vincent Peale*

### **Misc:**

You can find '**Rose Hips**' at **Mountain Rose Botanicals**.

The name of the **pesticide** we talked about is "**Chlorpyrifos**" it has been scientifically documented to cause developmental and neurological issues/damage in humans and animals.

California is the largest user of over 900,000 pounds (2017 annual) applied to almonds, grapes, citrus, alfalfa, stone fruit, cotton and other crops. The EPA has extended the safety review of the pesticide through 2022 but the State of California and 6 other states and a host of environmental and labor groups have sued over this move. The ban in California should be taking place during the next two weeks.