

## Help Your Health – The Weekly Review Fall Session 2019– #1

The following Attunement section will only appear in #1 during this session but is a weekly part of every class which I teach, except for the chair classes.

### 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: [\\_\\_\\_\\_\\_](#)*

*Hip Openers with Bent Legs(Small Circles Together, Circles Apart and Large, In/Out Together), Legs/Arms UP -Ankles/Wrists Flex-Extend, **Happy Baby and Cobblers Pose** (next week we will work with the strap which can make these two specific asana easier for many)*

**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).*

*Or you may option for the more challenging version starting in a short Down-Dog with the feet together and ending on the tips of your toes on one foot with the knee to the nose and the shoulders forward as you come up on your toes. Repeating on the opposite side. Each side being one breath.*

---

---

### Kneeling:

#### A “Short n’Sweet”

Beginning in Hero's Pose sitting on our heels (if possible) if not, begin on your knees with hands together in front of your chest, thumbs at the heart.

Inhale reach out and up, exhale to Child's Pose, use the core to slower move down

Inhale to Up-Dog, curl the toes under and you can keep them so during the entire Short n;Sweet, exhale to Down-Dog

Inhale to Plank, exhale to Down-Dog

Inhale to Up-Dog exhale to Child's Pose

Inhale reach out and up, exhale to Hero's Pose or remain on the knees

### Sitting:

### Pranayama/Breathing

**Alternate Nostril Breathing** -details on my website see the [link](#)

**Single Nostril Breath** (scroll for detailed explanation from Summer Reviews)

### **Standing: Warrior II and Triangle**

both with the block and using the wall for guidance. (see website for pix/video etc.)

#### **Warrior II**

Using the wall as a guidance, where balance is not an issue, but concentrating on the form of each of these asana. Honoring your limitations, especially in the shoulders.

Prep: Standing with your back to the wall, widen your legs as much as is comfortable with the feet in the direction of your body. Place the block behind the R heel and line up both feet the same distance from the wall.

Turn the R foot parallel to the wall and take the L heel slightly out so the L foot/knee/hip are in the same alignment.

Bend the R leg taking the knee over the ankle with the thigh as parallel to the floor as possible(you can add a block here for the static version)

Bend the R arm and take the elbow to the thigh above the knee (as if you are holding a precious object on the palm of your hand)

Take the L shoulder/hip to the wall, bend the left arm placing the hand on the hip and take the L elbow to the wall. This may be as far as you can go with this arm. If the elbow is on the wall you may want to try to extend the forearm/hand on the wall but slowly, keeping contact, slide the arm up and eventually over the head until it is near the L ear. If looking into a mirror your L arm will look like an extension of your L leg.

Rotate you head either up or down: chin to the shoulder or looking at the ceiling inside the armpit keeping the back of the head on the wall if possible.

Hold to work on stamina and building strength.

Reverse and do on the L side.

#### **Triangle**

Similar to Warrior II except the front leg remains perfectly straight and the corresponding arm either sits on the block or lays on the shin. While the opposite arm reaches directly to the ceiling as if both arms are in a straight vertical line and the legs look like an inverted wide V. Your gaze dividing the room in half.

#### **Supine:**

#### **Bridge Series**

#### **Savasana**

**Essential Oil:** doTerra “**Spearmint**” –

**Music:** “Music for the Mind” – Steve Halpern

**Quote:** *It's not the load that breaks you down, it's how you carry it.*” *Lena Horn*

#### **Misc:**

Ayurveda Medical Doctor in Tustin: **Dr. Ram Tamang** \_\_\_\_\_

A good read if you are interested in aging/life and the medical care system which is offered during the third portion of one's life span:

**“Elderhood: Redefining Aging, Transforming Medicine, Re-imagining Life”**

**by Louise Aronson M.D.**