

Help Your Health – The Weekly Review Fall Session 2019– #2

For the opening **Attunement**, please scroll down to #1 as I only list these movements once in each session, they are repeated in each an every class every week.

Kneeling & or Hero's Pose: Yogi Snack

no prep necessary, just a short sequence which consists of 2 or more asana, concentrating the movement in tune with the breath.

This week we did the following:

Begin either in Hero's Pose or on your knees with thumbs to the heart.

Inhale -reach your arms down and then out to the side taking the arms up over head and **exhaling** then out to the sides with the hands eventually laying, palms facing up, on the sacrum as you continue to exhale as you are lowering your head to the mat.

Inhale -reach the arms out and up overhead and then **exhale** and lower the head to the mat as the hands come to lay on the sacrum palms facing up.

Continue..

If you find it is not possible to reach the head to the floor than go as far as you can, working the core and gaining strength with each movement, be sure to move slowly co-ordinating with the breath.

The buttocks can either be in puppy or child's pose, work between the two and see what is best for your individual body.

Standing: Stand up Taller (DVD Vol.2) Mountain Pose/Tadasana to

Pranayama – Ujjayi Breathing

Standing:

Short Sequence standing at Wall: Solution Classes

Facing wall with fingertips touching wall for balance.

1. **Rise up on your toes and the balls of your feet.** Slowly up and slowly down with awareness that the feet do not roll out or in. Can also be done on a stairs and then you can come down slightly lower than the stair level to stretch the plantar of the feet as well as the achilles and calf muscles. If you find that your feet are wobbly just do go up so far until you have built up the strength in your feet.
2. Taking the elbows/forearms and hands to the wall shoulder width apart, keep the body on an angle with the heels down as far away from the wall as possible but still keeping them on the mat. Feel the stretch in the back of the legs. **Just be there** for 6x breaths, keeping the body on a straight angle like an unbendable piece of wood.
3. Sliding the hands down the wall until they are level with the shoulders and still shoulder width apart, lower is harder, higher is easier. Being mindful that the arms are rotated so when you bend the arms the elbows come down and not out, this takes a slight rotation so the inside of the elbows are more facing upward. Again, keeping the body on a straight angle as if it were an unbendable piece of wood. **Exhale bend the arms bringing the body to the wall, inhale**

straighten the arms.

Bringing top of your forehead towards wall with body straight/stiff/strong.
Don't come so close to the wall that you can't push away.
Start slow and strong and grow. 6-12x working up to 3 sets.

4. **Standing still in an easy squat on the wall.** Placing your back on the wall with buttock and shoulder blades touching the wall, knees slightly bent, feet hip width apart/block between the knees. Head should be on the wall without the chin pointing upward, if this does not happen just bring the head away from the wall so the chin can be in neutral (a good time to practice Turtle) Pelvic tilting bringing waist to wall on exhale and return to create the slight tunnel. Legs are relatively still and body does not slide.

Warrior I -working on balance/agility. Beginning close enough to the wall for stability and eventually coming farther away to work more on balance and strength building. Go slowly and think of both form and function. Please use the block for knee stability. Keeping the hips squared and both facing forward along with the shoulders, arms up in the air. Static and strong working on stamina.

and

Lunge Series

The lunge series **using a block between the front bent knee** against the wall. The heel should line up with the toes, both being straight facing the wall.

1. Coming way up on toes... lifting the heel.
2. Dips (not too much if your knee is an issue, let's build first gently) short and sweet, slow and strong.
3. Right and left and then again holding the stretch, working up to 90 seconds on each side for a long hold while engaging hugging muscle to bone.
4. Arms can be out to the sides or up over head unless you need to touch the wall for balance. Work on the front thigh eventually becoming more parallel to the floor.

Supine:

Supta Padangustasana

-Reclining Hand to Big Toe Pose with Strap to Happy Baby and Cobblers Pose

A strong stretch of the hamstrings where you are in control every moment. Also stretching and strengthening the hip abductors against resistance.

Single Leg Lift (with Strap)– 90 degree Hamstring Stretch-4 inches to right & left of midline, continuing if so desired to open completely and cross over. Continuing to Happy Baby/Dead Bug and then to Cobblers Pose.

or

Classic:

Lying on your back, bringing one leg across the body. use your opposite hand or a strap to hold the outer arch of your foot. When you feel a stretch in your side hip, press up into your hand or strap, as if you were coming out of the pose. This strengthens the abductor muscles of the hip and at the same time, engage the quadriceps while turning the top leg slightly outward as you

straighten the knee, which draws the kneecap into alignment. Hold for 30 seconds, switch sides and repeat if you would like.

Adaptation/Variation:

Lying on your back, knees bent and feet together directly behind buttocks on the floor. Lift the buttocks and take it to the left a few inches, bring the knees into the chest and release them to the floor to the right. Arms in airplane and both shoulders, as much as possible, on the floor. Relax for a moment. Then slowly straighten the top leg taking the toes in the direction of your right hand, see if they will meet, if so, wrap your thumb and index finger around the big toe. Be mindful of your hamstrings, go gently and slowly. Once the top leg is straight you can begin to straighten your bottom leg.

It may take weeks/months until the final posture is achieved but it took years/decades to become so tight, be patient. This can be practiced in bed as the mattress can be very forgiving as long as you are not laying in a valley.

This is also a twist and often twists are not a friend of lower back issues so use your awareness and proceed with caution

Sitting:

Max Strom: Closing words to a class!

Take your palms to your thighs and drop your shoulder blades down your back... Sit very, very tall and close your eyes.

We want to lift the spine by pressing the buttocks down – by pressing down you can lift the spine tall...and even higher than you think.

The spine is like a column of energy that the rest of the body is merely suspended from...

Let your breath.....-breath itself now...

I invite you to visualize into the heart center...to the eye of your heart

Visualize, what is most precious to you in the world, the most precious thing that you know: person, idea, concept, belief.....

What ever it is that opens you're heart to deep, deep gratitude

Visualize this precious, precious thing and let your heart blossom toward it and radiate its gratitude

We can never do this enough....

Please bring your hands together and to your forehead....this simply indicates the desire for a clear and calmer mind

Take you hands to your lips....indicating a desire for clear and loving communication.

Bring the hands to your heart center..indicating a desire for clear and loving intention.

May our practice help us become kinder and more truthful human beings and may we all teach peace by example.

Namaste

Savasana

Essential Oil: doTerra “Peppermint and Wild Orange” –

Music: “Serenity” – Parijat

Quote: “How wonderful that nobody need wait a single moment before beginning to improve the world” -Anne Frank

Misc:

“A Life Worth Breathing” by Max Strom (the closing words of class were from his book, an inspiring read)