

Help Your Health – The Weekly Review Fall Session 2019– #4

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.

Sitting:

Seated Twists w/wo strap

-individualized in many classes for the students needs and abilities, limitations and injuries. This series needs my visual guidance so I will not give details on the review.

A series of 6 different seated twists with variations. To be done slowly and each one with the right and left leg dominant while also turning to the right and left. Do not push any of these movements but challenge your body, never to the point of pain. Repetitive stretching can increase range of motion over the weeks and months showing us what we can do today is much less than what we can do tomorrow with constant discipline of practice.

Supine:

Butterfly + Clock R/L

For details please go to my website: Revisit, Research, Reflect and scroll to #57.

Savasana

Essential Oil: “Aroma Touch” -cypress, peppermint, marjoram basil, grapefruit, lavender. A blend to add to any massage oil or cream, can also be used in its pure state in a diffuser.

“Verage” -skin care system (4 products -see usage and ingredient details below under MISC.) All 4 products are available to order for \$105. including tax and S/H. Just let me know!

For more general information go to: <https://www.doterra.com/US/en/what-is-an-essential-oil>

Music: “ Yoga Moods ” -Stadler

Quote:

*There are fears that keep us alive and fears that keep us from living...
Wisdom is knowing and understanding the difference. -by David Svenson*

Misc:

What is Hatha Yoga? The Science of Breath and Posture

Hatha yoga is that branch of the Yoga philosophy, which deals with the physical body -it's care, its well being its health and its strength.

Focusing on healthy living, proper diet and hygiene, correct breathing and posture in daily life to help bodies in their natural and normal state of health. Exercise and rules to relaxation are part to this yoga and enjoyed in simple and uncomplicated terms.

Collectively helping to develop a sound, strong and health body which is necessary for the enlightened journey of life.

A more detailed article: <https://www.doyogawithme.com/hatha-yoga-history>

Verage Skin Care Ingredients and Directions (use every morning and night):

Step #1 – Verage Cleanser to lift away dirt and makeup

Wild Orange, Melaleuca and Basil to cleanse and rejuvenate the skin

Coconut and olive oil * to reduce water loss and boosts natural surfactants

Amino acids and lipids to nourish and hydrate skin

Step #2 – Verage Toner to tighten pores and refresh the skin

Ylang Ylang and Palmarosa to nourish, revive and protect skin

Coriander and Cypress Essential Oils are known for their soothing and toning benefits

Witch hazel to support a healthy inflammatory response

Aloe for moisturizing properties

Step #3 – Verage Immortelle Hydrating Serum applied to clean face in an upward motion

Immortelle Blend to supports the overall health of skin

Olive, jojoba and sunflower oils to support the skin barrier function

Lipid complex to mimic the skin's natural surface lipids at their prime

Step #4 – Verage Moisturizer applied to a clean face to promote firmness, elasticity and hydration

Juniper Berry to inhibit the enzyme that causes the appearance of aging skin (Source)

Jasmine and Geranium for dry and irritated skin

Sea Buckthorn Berry to help skin retain moisture for anti-aging benefits

Shea Butter to plump skin while hydrating