

Help Your Health – The Weekly Review Fall Session 2019– #5

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.

Standing:

5 Tibetans/Rites of Rejuvenation

– reviewing #1 Twirling PLUS four additional asana. I have slightly altered the sequence. For many students doing two asana in sequence, with continual pressure on the wrist, can be too much. I suggest to switch, Updog/Down-Dog from being the last asana/#5 to either #2 or #3, ending with Picnic Table.

Supine:

Legs up the Wall Series -a series of movements using both legs, sliding, opening, crossing etc. culminating with a basic/beginning shoulder stand.

Butterfly & Clock R/L

Sitting:

Review Pranayama techniques: **Alternate Nostril Breathing & Single Nostril Inhale** R-Sun/L-Moon.

Savasana

Essential Oil: “Serenity”: Lavender, Ylang Ylang, Hawaiian Sandalwood, Cedarwood

Music: “The Healing Path ” -Parijat

Quote:

There is very little difference in people but the little difference makes a big difference. That little difference being attitude and the big difference is whether it is a positive or negative attitude.
-William C. Stone