

Help Your Health – The Weekly Review Fall Session 2019– #8

Although we did the following in class, I have not included the details to **Morning Wake-Up-Stretch and Attunement**, see below in previous WR along with the **Supine Hip Series** which I suggest doing together.

On Belly:

Sphinx Forearm Plank

5.10.15....120 seconds (2 minutes) holding and working as you build strength.

1. Begin with arms in proper position, head high and chest open, engage and expand shoulder girdle.
2. Push down from finger tips to elbows and engage upper arms while also pushing the forearms as if you are trying to spread them apart but they should not.
3. Engage and lift the belly button area and above, continuing with the public bone, upper thighs and continue to the knees.
4. Push the heels away from the body with the toes curled under.
5. Holding the core in alignment with the hips/slight tuck of the tailbone, so the lower back does not fall towards the mat, rather level or above slightly especial if you have any back issues.

We are working here to strengthen the core so it can better support the lower back. You should be able to feel the difference if you sag at the belly or engage and lift, the back will let you know when it is happy, that is usually the most difficult place in which to hold if the core is weak.

Standing:

Sun Salutations with the Chair and also free standing.

Please see my website, either videos or PDF's for details.

Simplified Chair Version: Just added a memory helper for sequencing.

Think of the three middle moves: Down-Dog, Up-Dog and Down-Dog as a sandwich. The two DD's being the bread and the Up-Dog being the filling inside.

Begin with the Salute, Forward-Fold to Half-UP to Lunge, the Sandwich, Lunge again (each Lunge being a different lead leg forward and back) to Forward-Fold and ending with all the way up reaching out/overhead and ending with thumbs at the heart being careful how you come up.

Leading with the heart and not looking to see where you are going which could interrupt the flow of blood to the brain including oxygen and so the consequence could be dizziness, off balance and being light headed for the moment. Think about how you would react if you were working in the garden pulling weeds on your knees and someone called your name, your first reaction would be to look for who and where that person could be standing. If you stood up at the same time you

could experience this reaction, think twice of the curvature of your neck and don't self inflict a questionable moment.

Free Standing Version: Basically the same without the chair for balance and support except the filling for the Sandwich has more options: scoop, Cobra etc.

Savasana

Essential Oil: On Guard

Music: Parijat "Journey Home"

Quote:

A short excerpt from a commencement speech given by Steve Jobs at Stanford University a few years before he passed:

*No one wants to die. Even people who want to go to heaven don't want to die to get there.
And yet death is the destination we all share. No one has ever escaped it.
And that is as it should be, because Death is very likely the single best invention of Life.....
Your time is limited don't waste it living someone else's life.
Don't be trapped by dogma – which is living with the results of other people's thinking.
Don't let the noise of others' opinions drown out your own inner voice.
And most important, have the courage to follow your heart and intuition.*