

Help Your Health – The Weekly Review Fall Session 2019– #9

I have not included the usual Morning Wake-Up-Stretch and Attunement, just scroll down for details.

This week we have reviewed:

Joint-Freeing Series: Pavanmuktasana Chart 1 & 2.

Pavanmuktasana = pawana= namely air, wind or the vital breath

mukta= free

asana= to be seated in a firm position but also relaxed

Link to the Charts: www.crohnsforum.com/yoga/Joint-Freeing-Series.pdf

The version I have chosen to teach is from Mukunda Stiles (Structural Yoga Therapy) which does not just concentrate on the digestive benefits of the series but works on expelling the stagnant air of the body joints, moving each joint gently and systematically through its full and natural range of motion beginning with the feet and finishing with the hands. The motions described in this series represent all the basic motions of the body. I have added toes and fingers which we have covered in class.

This series is also a part of my DVD Volume 1, which is available for \$10.00 directly from me.

The best part is that one can perform this regardless of any age, taking into consideration some adaptations, depending upon bodily restrictions.

See more information under memo at the end of the review.

On Belly:

Using the strap under the belly area, engaging/pushing down and then trying to pull it through. If you don't concentrate you won't be able to hold it down enough to secure the strap. Notice that directly under the belly button is the hardest and as you move the strap up and down it is easier to hold the force against the pull.

Object, you don't want to be able to move the strap to the right or the left. Ask someone to pull for you and see how difficult it can be. this is not only a test but also a strong engagement in building strength.

Sphinx Forearm Plank

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

Begin with arms in proper position, head high and chest open, engage and expand shoulder girdle. 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.

Engage and lift the belly button area and above, continuing with the public bone, upper thighs and continue to the knees.

Push the heels away from the body with the toes curled under.

Holding the core in alignment with the hips/slight tuck of the tailbone, so the lower back does not hang downward, 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, the back will let you know when it is happy.

Standing:

We discussed the ‘**disconnect**’ between the mind-body which can often become more prevalent as we age.

This ‘disconnect’ can be quite prevalent in the ‘apana’ region, the area of the colon, intestines, lower body organs as well as the lower back.

This is the location in our bodies where stress etc. has a tendency to settle, especially the lower back. In Ayurveda it is believed that 80% of all dis-ease/illnesses begin in this area.

As waistlines grow and adipose tissue accumulates one has a tendency to try to ignore this area.

It is suggested that instead of ignoring when the body is not doing/developing as one would chose we should instead love, massage and connect even more deeply to see and accept responsibility for what may not be working quite right.

Touch and talk to your body as discussing how you are treating it, what it needs and how you can change what needs to be changed. There is always something to pay attention to and do, start small, your body will be grateful.

At first the body whispers and then it screams, listen to the whispers and find the root.

“Take care of your body, it’s the only place you have to live and you only get one this time around.”

Regarding specific movement we did the following:

Pelvic Tilting

How much can you move the ‘pelvic tilt’ without moving the knees or upper torso?

Think of the water bucket and the water spilling off the front and back?

Can you find your neutral point with a slight movement of the pelvic girdle and only a ripple of water?

This tilting can also be practiced in supine, making a tunnel and then flattening with no space behind at the midsection. You may be familiar with this as a prep for the Bridge.

Twisting – only above the waist.

Think of the body as a wooden figure divided into two sections which screw into each other with a wooden dowel: bottom/waist down and top/waist up.

Be mindful that the knees are soft but not bent.

Can you move just the upper portion without the lower section moving?

1. Place the hands on the hips to hold them in place and twist.
2. Place the hands on the rib cage and keep the lower part still as you twist.
3. Let the arms flap freely and slightly slap against the body as you twist but only the top section of the wooden doll.

Lateral Stretch R/L both sides

Standing, supine, sitting, against the wall.

Reach down with one arm and straight up with the other under it lays directly next to corresponding ear.

Stretch at the waist, as well as up, over the head with the reaching arm and the downward hand slides or reaches down. Feel the stretch on the up and over reaching arm.

Keeping the body and arms in the same plane. If supine/stand then touching the surface behind, if sitting don't cheat as it is easy not to be able to judge if doing correctly.

Savasana

Essential Oil: Past Tense - Wintergreen, Lavender, Peppermint, frankincense, Cilantro, Roman Camomile, Marjoram, Basil, Rosemary.

Effective for dealing with various problems related to the Nervous System and to the Muscles and Bones. Especially relieving pain and tension associated with headaches. Inhaling the aroma and relaxing with this pleasant blend.

Music: Parijat "Journey Home"

Quote:

Choose People, Not Things

Some good advice to help us when we decide to unclutter our homes or a part of our lives.

"Don't love what can't love you back."

Think about how much time, attention, care and yes, even love, we end up giving to our things. We give a lot of ourselves over a selection of a piece of furniture, clothing etc. Saying, "I love this."

We hold on to objects as though our happiness and fulfillment depend on them.

If we could create some distance between our feelings and our possessions, it would be much easier to determine what to keep and what to get rid of.

An item that enhances your life at one point could now be a: burden, obstacle or even a crutch. Spend your time, energy and love on the people in your life!

There was a recent speech by the Pope where he spoke to the entire world and was very upset. He basically said that if we keep consuming at this rate we are lost as it can't give us love, lasting happiness or a surviving planet.

One of many links to more opinions from the Pope:

<https://www.dw.com/en/pope-francis-condemns-virus-of-christmas-consumerism/a-51490490>

“Structural Yoga Therapy” -adapting to the individual by Mukunda Stiles

-the book seems to be temporarily out of stock but a used edition (beginning at \$11.) is available with some searching.

https://www.amazon.com/Structural-Yoga-Therapy-Adapting-Individual/dp/1578631777/ref=pd_cp_14_1/145-2726611-8496319?encoding=UTF8&pd_rd_i=1578631777&pd_rd_r=1cc7d6ef-7cae-4877-8cd9-61f63503d4fe&pd_rd_w=JISou&pd_rd_wg=ZwwXD&pf_rd_p=ef4dc990-a9ca-4945-ae0b-f8d549198ed6&pf_rd_r=JDAM521E65V14V1MK8HZ&psc=1&refRID=JDAM521E65V14V1MK8HZ

The 8 Charts which I showed in the folder did not cost \$50. when I bought them 20 years ago but they may also be found as used and they are in the book.

https://www.abebooks.com/products/isbn/1578632196?cm_mmc=AMZ-_-DetailPage-_-OOS-_-ISBN