

Help Your Health – The Weekly Review Winter Session 2020– #3

Attunement and Warm Up: see #1

-just scroll down

Standing:

Sun Salutations with the Chair and eventually challenging without the chair.

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.

Posture Poles -Standing and Sitting

Twist in the Chair -as if Sitting in the Car R/L

Supine:

Test for Weakened Muscles:

Test the lateral rotators by lying supine and lifting your head not more than six inches, then rotating it to test the comparative strength of each side of the neck. The weaker side may tremble when you attempt to hold it still, and/or your chin may lift in an exaggerated fashion. These are signs of a weakness in the sternocleidomastoid on the elevated side of the neck.

Realignment and Stamina Building:

Once the position is achieved, hold your head up while it is turned to one side. Keep your shoulder blades back and down, with your arms at your sides. Hold the position as motionless as possible, while taking full deep breaths extending from your chest to your lower abdomen. After a few moments, muscle stamina will be exhausted and you will need to exert sheer willpower to hold your head up, you may also begin to experience a slight trembling. Take a deep breath and then slowly turn your head and lower your to center position, relax, with full breathing, for several moments. Gently roll your head from side to side 3 times. Retest both neck rotators. The goal is to bring muscle tone into a greater balance on both sides. This is often accompanied by a spontaneous realignment of the vertebral column-without the normal cracking sounds associated with a chiropractic neck adjustment. The improved muscle tone can gently slide the vertebrae back into alignment.

Precaution:

Holding the stamina-building position for an excessive length of time can create strong trembling or even muscle spasm. Only hold as long as this doesn't occur, and until there is also full deep breathing. When either quality is compromised, relax and lower your head

Samskaras/Habits: Which cheek/side do you prefer?

We also laid on our bellies prone with arms crossed under the head and lying on one cheek, I didn't say which one it was your choice, after a minute or two then switching to the other side and feeling the difference. We are creatures of habit and usually go to the same side each time but over a long period of time this can create an imbalance in muscles. This is just a small

example of how our habits create certain situations in the body and our goal is to establish new habits (Samskaras) for better and improved range of motion and health of the body,

Savasana – Restorative Savasana with a slight inversion:

Supine, rolled blanket under waist for support and block under buttocks, arms slightly away from body/ palms up, legs either bend or straight on mat depending upon how comfortable this is and becomes. Take a few moments to find the correct positioning and do change if it becomes uncomfortable, listen to the body and work up to 10-15 minutes. Precautions would be heart/eye conditions which suggest not to engage in any type of inversion because in this asana the head is lower than the heart

Music: Parijat: Blessings

Quote:

Love People, Use Things BUT do not do the opposite. -The Minimalists
I recommend the Netflix documentary by the same name.

Another link of interest along the same subject: becomingminimalist.com

Essential Oil:

Elevation: Joyful Blend by doTerra

Size:15 mL

Retail: \$57.33/Wholesale: \$43.00 plus Tax/S-H

Available by ordering thru me for \$50 plus Tax/S-H

Description

Elevation is the perfect blend for those moments when you need to be revitalized. This exciting blend provides an invigorating combination of essential oils that can elevate your mood and increase your energy. Elevation combines the uplifting and euphoric floral scents of **Lavandin, Lavender, Melissa, Ylang Ylang, and Osmanthus with Tangerine, Elemi, Hawaiian Sandalwood, and Lemon Myrtle** to create a unique blend that promotes a positive mood and feelings of confidence.

Uses

Diffuse to promote feelings of self-worth while also helping to lessen restless feelings.

Diffuse in the mornings before waking kids to create a positive and energized mood.

Rub Elevation essential oil over your heart, temples, or wrists to elevate mood and promote vitality.

After a long, stressful day, take a bath with a few drops of Elevation to help lessen feelings of stress.