

## **Help Your Health – The Weekly Review Winter Session 2020– #6**

**Attunement and Warm-UP:** See #1 of this Winter Session

**Prone:**

**“Short n’Sweet”** -of your choice

**Sitting:** (using a bolster if necessary) Thunderbolt or Hero or the chair

**Pranayama/Breathing :**

Complete Yogi Breath to Empty Bowl Meditation/the pause/stop to”So Hum” mantra

**Supine:**

**Windmill to Cross Crawl** -same side to opposite

**5x Supine Stretch Routine** R/L each for 3x or 3 breaths-for details just send me a request by e-mail

**1. Knee to Armpit and Pull**

**2. Extend it Up**, Inhale and Soften the Knee, Exhale

**3. Bring it Down**, Cross It Over, Press it Open

**4. Raise Crossed Legs**, Grab the Leg Underneath and Raise It to Stretch your Ankle

**5. Cross Your Top leg All the Way Over**, Drop Legs to R then L and Turn Your Head to the Opposite Direction.

**Standing:**

**Sun Salutations** A-right leg & B-left leg

**Calf Stretches facing Wall** #1 Soleus-short and sitting, #2 Gastrocnemius-long and leaning R/L

**Stork Pose** to improve balance and stability, open the hips, strengthen the legs, arms and shoulders.

**Walking**.....where is your heel strike? Look at the heel of your shoes and let me know where they are wearing down: right – left or middle

**Savasana**

**Essential Oil:** doTerra “Adaptive”

**Music:** Parijat “The Healing Path”

**Quote:**

*Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hope for. -Epicurus*

Epicureanism is a system of philosophy based on the teachings of Epicurus, founded around 307 B.C. It teaches that the greatest good is to seek modest pleasures in order to attain a state of tranquillity, freedom from fear (“ataraxia”) and absence from bodily pain (“aponia”).