

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 Gastrox-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”).