

## Help Your Health – The Weekly Review Winter Session 2020– #7

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

**Prone:**

“Short n’Sweet” -of your choice be creative.

**Sitting:** Thunderbolt/Hero or on the knees.

**Pranayama/Breathing :**

**Supine:** Crocodile with arms folded and forehead on forearms or resting at elbow crease.

**The Pause on the Exhale:**

Settle into a relaxed breathing pattern on your belly and notice what happens when you reach the end of the exhalation. Do you detect a slight pause: Over the next several moments attend closely to that gap between the breath out and the breath in, however infinitesimal.

Once you have familiarized yourself with this little rest at the end of the evaluation, consider lingering in that pause for just a half-second longer than usual. Don’t think of holding or freezing the breath. Instead envision simply resting in the stillness.

Keep your throat relaxed as you do this and your eyes cool and quiet. Don’t stay here any longer than you’re comfortable and discontinue this exploration if it feels disquieting or unvarying.

When you feel the urge to inhale, do so, and then breathe normally for a few moments. When you’re ready, settle again into that brief pause at the end of the exhalation, extending it ever so slightly.

Enjoy the peace and stillness it offers. Many practitioners find this silent moment the most tranquil and blissful of their entire yoga practice. After several rounds of lengthening the pause – possible with natural breaths in between – emerge from this exploration noticing how it has affected your state of being.

**Repeated again this week for further clarification:**

**6x Supine Stretch Routine R/L** each for 3-5x or 3-5 breaths. Here are the details. Please let me know if you would enjoy a video of this series!

1. **Knee to Armpit and Pull in** with the exhale breath. Extend arms and inhale 3-5x. (A version of Wind-Expeller/Apanasana.)
2. **Extend the bent leg up and straight** with an Inhale as you reluctantly give a little space in lengthening the arms, hands holding the thigh, Soften/Bend the Knee slightly bringing thigh to chest & Exhale (foot still as if it were flat on the ceiling) 3-5x
3. **Bending the extended leg and laying it gently on the thigh**, easing/pressing the hip open with hand on the inside of the crossing knee. Rotate your head towards the opposite side with arm extended in airplane, ear towards mat. 3-5 breaths.

4. **Draw legs towards chest** with interlaced hands holding behind the thigh, still with legs as in #3 crossed. Hold 3-5 breaths with little or no movement.

5. **Draw legs towards chest** with interlaced hands holding behind the thigh and **stretch the hanging leg to straight**. Hold 3-5 breaths with little or no movement.

6. **Cross your top leg all the way over** so the thighs are together as one with knee on opposite thigh. **Drop Legs** to R then L and as you turn your head into the opposite direction bringing ear towards mat with extended arm in airplane keeping the corresponding shoulder on the mat as the opposite side hip lifts.

**Unravel legs and repeat** 1-6 with the other leg.

**Follow with Windshield Wipers R/L (optional continue to the Flop-a complete release)**

**Standing:**

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

**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.

Standing and shifting the weight forward and back, side to side without lifting the toes or heels, also working on balance and body placement with each stride.

**Savasana**

**Essential Oil:** doTerra “On Guard”

**Music:** Parijat “Coming Home”

**Quote:**

We can't avoid paradise, we can only avoid seeing it.” -unknown