

Help Your Health – The Weekly Review Winter Session 2020– #8

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

On Belly/Crocodile

Pranayama/Breathing: Emphasis on extended exhaleslow and steady and continuing with the lingering at the end of the exhale.

Class Sequence for Lower Body Strength

When applicable do the Static (hold for 30 seconds working on 2 minutes) & Dynamic (x6 in/out etc.)

Standing:

1. **Mountain Pose**

2. **Standing Forward Bend** – 12-20x Classic or Alternative: Chair

3. **Chair/Powerful Pose** – Classic Standing or Alternative Wall (watch your knees in either position)

4. **Squats** – Wall, Door Static & Dynamic, Free using arms to keep the legs pointing in the direction of the toes

5. **Triangle** – Classic or Alternative: Against the Wall or Sitting in the Chair

6. **Warrior III** – Classic or Alternative: Fingertips on the Wall or on the Chair to begin with until you can take the hands off the wall and reaching in airplane or back by the body with one leg lifted, hips level.

This week we are doing Warrior 1 to II to III to I to II etc.....

Supine:

7. **Boat Pose** – Classic or Alternative: On Forearms behind, Single Legs, Different Holds or not.

8. **Locust** – R, L R including head and shoulders + switching sides plus Lifting All

10. **Bridge** – Classic Static & Dynamic

Savasana 5-10 minutes of complete relaxation in supine – again practice your Mindful Breathing Mantra Meditation- stay focused

Essential Oil: doTerra “Lemon Eucalyptus” a new oil which is not a blend but comes from a specific tree growing in Northern Australia.

Music: Deuter “Mystery of Life”

Quote:

“...your thoughts lead to actions, your actions become habits and your habits determine your character while ultimately your character determines your destiny”

Miscellaneous Versions:

Mahatma Gandhi

“Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny.”

Lao Tzu

“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.”

ANOTHER VERSION:

Your Thoughts lead to your Feelings, which lead to your Actions, which lead to your Results. ... Beliefs then become automatic thoughts that drive your behaviors. In other words, habits.

A little Yoga Philosophy.

Patanjali’s Yoga Sutras, written approximately 400 B.C. are a spiritual path that was already many centuries old at the time the Sutras were actually written down. They provide 196 succinct lessons on the nature of the human condition, human potential and how that potential can be realized. Comprehensive, systematic and remarkably precise.

The Yoga Sutras organize the essence of all spiritual practices into a basic plan of living. You will find nothing in this ancient text that contradicts the precepts of any religion. Instead you will find a step-by-step guide to right living, a guide that complements the goals of any spiritual religion.

A spiritual practice is one that brings us full circle – back to the essence of our true selves., celebrating what is. It is the aim of all spiritual seeking to bring us home, home to the understanding that we already have everything we need.