

## **Help Your Health – The Weekly Review Winter Session 2020– #9**

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

**On Belly/Prone:**

**Cobra** up and down to **Yogi Push-Ups**

**Standing:** with Balance in Tadasana/Mountain Pose - **Think Taller**

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.

**add Pranayama/Breathing (also while walking):**

Pulling the belly button away from the shirt ? !

Slight (10-12 inches) movement with the arms and the shoulder, due to the arm movement will point to the opposite corner of the room.

add: breathing into the upper arms as they hug the side of the body or hands on the rib cage, this is learnt and practiced until it becomes part of your breathing.

**Continue with:**

### **The Cloud Salutation**

**Description:**

Consisting of three breaths on each side, begin with the right, continue with the left. This is one round.

Standing in a firm, grounded mountain pose, arms at the side.

Hugging/engaging the legs and lifting the crown of the head, strong Tadasana. You can also close your eyes during the flow when you feel comfortable doing so. If lifting the knee is too much, than just bend the knee forward & out and keep the toes on the ground instead of lifting.

**Breath #1:** Inhale and lift the arms overhead. Exhale and bring the knee up to hip level, always with foot flexed when lifted.

**Breath #2:** Inhale take the arms out to the sides. Exhale move the knee out to the side.

**Breath #3:** Inhale bringing the arms overhead and the knee back to center. Exhale and slowly return both back to original position.

Do multiple rounds.

Keep repeating the flow, alternating sides and when you are done return to your mountain, close your eyes and feel the flow still moving inside you.

**Physical Benefits:** Working on your balance and lengthening the breath. Strengthening the leg, opening the hips. Maintaining good posture.

**Precautions/Adaptations/Variations:** Instead of lifting the knee to the front and side, bend the knee and rest on the toes touching the floor, to the front and sides.

You can begin this flow by leaning against the wall for support, eventually free standing.

If you can use a ‘drishti’ fairly close to the face it will make the balance easier, a point of focus with the eyes open. It is a slow process to do with the eyes closed.

I would suggest lifting the knee, as often as possible, while standing on one leg, with a pause. Working on this until the knee is hip height forward and out, notice how taking the knee out to the side will interfere with your balance.

### **Continue with the Knee Slap:**

Bent Elbows at the waist and palms facing down with forearms parallel to the floor.

Either standing in place or walking, lift the knees to meet the palms. Start slow and work up to 40-60 hand/knee slaps per minute and watch your cardio being challenged.

**Lunge - Classic/Alternative:** Hands on Blocks, Back Extended Knee on Floor, with the Chair R/ L.

Addressing the leg movement forward and back. Coming from Down-Dog or Forward Fold, how the thigh is the power provider along with the belly as you bring it in towards your chest. Shoulders forward over hands and a strong lift up and on the toes as you pull in the knee, then sending the foot forward or backward as if the leg is a hinge.

Practice and practice building up strength, engaging the belly.

EXPLORING alternative versions and adaptions of this asana and then proceed to **Sun Salutations A- right leg & B-left leg**

### **Sitting:**

#### **Sitting Stretch Routine**

1. The Big Frog
2. Butterfly (Cobblers)
3. One Out, One In -facing extended leg, leading with the chest
4. One Out, One In -not facing leg but twisting and opening chest, reaching inward and forward, wrapping around and then reaching up R/L
5. Both Legs Out – Being Up, Forward, Down

**Supine:**

**Bridge** – Classic & Dynamic

**Savasana**

**Essential Oil:** various doTerra oils

Did you enjoy the Rubbing Alcohol with Lemongrass for sanitizing?

**Music: Deuter** “Sea and Silence”

**Quote:**

“The world is a great gymnasium where we come to make ourselves strong.” Vivikenanda

Discussing the difference between the English and German meaning of the word “Gymnasium”.