

## Help Your Health - The Weekly Review - #04 - Spring/2016

This week in class: I have listed below, some of the primary asana we did this week which are not on my weekly class list. Not everything was done in every class as I teach according to those who sit in front of me.

Congratulations to those of you who did show up for class, that was the hardest part of your yoga practice to accomplish. Those of you on vacation, I hope you are enjoying and finding some moments for Everyday Yoga, there are at least 108 ways!

### Asana:

**Supine: Single Leg lifts or Alternative Knee Bends** (depending upon class and body needs) with strong belly engagement and movement only on the exhale. I have shown three versions to choose from, begin slowly and only progress according to abdominal strength, do NOT arch back. A Cross Crawl for the lower body with emphasis on the breath.

**Sitting on Mat: Table to Boat** and return, slowly with balance and form.

**Prone: Mini Vinyasa (Yoga Snack)** no prep necessary, just a short sequence which consists of 2 or more asana, concentrating the movement in tune with the breath.

ex: Child's Pose or Puppy (exhale) to Cow (Inhale) return and repeat x6 or more.

Can add Cat, Up-Dog, Down-Dog or Plank to make a longer vinyasa but add slowly as the body warms up and your time allows.

Additional ideas under General Short Flow Sequences (DVD Vol.2)

**Stiletto High Heel Push** (DVD Vol.2)

### Short Sequence standing at Wall:

1. Facing wall with fingertips all on wall for balance/rise up on your toes and the ball of your feet. Slowly up and slowly down with awareness that the feet do not roll out or in. Can also be done on a stairs and then you can come down slightly lower than the stair level to stretch the plantar of the feet.
2. Back to wall with buttock touching, knees slightly bent, feet hip width apart. Pelvic tilting bringing waist to wall on exhale and return to create the slight tunnel. Legs are relatively still and body does not slide. Then bring shoulder blades to wall, continue and eventually the head. Watch for any jutting of chin, if so do neck strengthening exercise as shown in class.
3. Wall push ups with elbows in and hands not higher than shoulders unless this it is too easy. Bringing top of forehead towards wall with body straight/stiff/strong. Don't come so close to wall that you can push away.
4. Stand up Taller (DVD Vol.2)

### Readings:

#### Gratitude

#4. Gratitude enhances empathy and reduces aggression. Grateful people are more likely to behave in a prosocial manner, even when others behave less ind, according to a 2012 study by the University of Kentucky. Study participants who ranked higher on gratitude scales were less likely to retaliate against others, even when given negative feedback. They experience more sensitivity and empathy toward other people and a decreased desire to seek revenge.

## Brain Health

### #3. Reappraise everything painful.

The twist on reframing is called reappraisal. Many thinkers and therapist use reappraisal as a synonym or type of reframing. On this list it is separated because it is believed to be too valuable not to emphasize.

Reappraisals making meaning out of an ugly situation. The boss yells, you think "I'll be ready for him the next time." or, "I didn't enjoy that, but now I know how to prepare for meetings differently."

Reframing takes the negative out of a memory and the weight out of a difficult moment. Reappraisal deepens the experience into a learning moment. When you learn, your brain gets healthier because it isn't afraid of a future threat. The boss will yell again. Now you know you can deal with strong emotion. Your brain won't forget that you believe there is no moment you can't handle.

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#### Quote:

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

"Those who have a 'why' to live, can bear with almost any 'how'."

"When we are no longer able to change a situation, we are challenged to change ourselves."

"Each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible."

-**Viktor Emil Frankl** was an Austrian neurologist and psychiatrist as well as a Holocaust survivor. Frankl was the founder of logotherapy, which is a form of existential analysis, the "Third Viennese School of Psychotherapy" Author of "Man's Search for Meaning".

**Music:** Essential Deuter: 90 minutes

**Essential Oil:** Pep Talk = Peppermint and Sweet Orange Essential Oil with Fractionated Coconut Oil

#### Miscellaneous:

For all students enrolled in classes at Old World Village:

Your checks for the summer session will be due by May 20th.

Monday 8 weeks/\$123. Tuesday thru Friday 9 weeks \$138. Please make check payable to Help Your Health.

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Coming in May:

[www.TheLivingTemple.com](http://www.TheLivingTemple.com)

Wednesday 18<sup>th</sup> May 6:45-8:30pm ~ **Dr. Kenneth Howayeck**

**Bone Health Made Easy** [www.bonehealthmadeeasy.com](http://www.bonehealthmadeeasy.com)

**The Art of Living:**

New Offering from **The Art of Living:** **Burgundy, France** in October 2016.