

## Help Your Health - The Weekly Review - #05 - Spring/2016

Happy Mothers Day to all mothers, step-mothers and all women who have fulfilled a motherly role at some time during their lives. Enjoy the day!

### Asana Review for this week:

**Cross Crawl** -opposites moving, all extremities at the same time. Either for stretching, slowly and with intention, the breath leading the way, or, quicker for cardio work but with either option be mindful that you do not arch the back. Movement is with an engaged abdominal area.

The **lunge series** using a block against the wall. Dips (not too much if your knee is an issue, let's build first gently) short and sweet or slow and strong. Right and left and then again holding the stretch, working up to 90 seconds on each side for a long hold while engaging hugging muscle to bone.

Second movement with block. Begin in long lunge and just move the heel up and down, it should not touch the floor but should line up with the toes.

A review and new "**Yoga Snack**": either child's pose to cow or child's pose to reaching up with the hand/arms on knees and returning/forehead on the floor and palms facing up on the sacrum. **Warrior 1 to Warrior 3**, working on balance/agility. Beginning close enough to the wall for stability and eventually coming farther away to work more on balance. Go slowly and think of both form and function.

**Legs up the wall** with multiple movements for stretching and strengthening especially hamstrings and piriformis. For some, eventually going into a supported Shoulder Stand using the hands/arms for support or possibly the block.

Enjoy a **Savasana** with the legs up the wall and sandbag on the feet or possibly in cobbler's pose, supine or leaning on the wall with spine erect. Use this time to practice your chosen meditation.

### Readings:

#### Gratitude

#5. Grateful people sleep better. Writing in a gratitude journal improves sleep and may even help you sleep longer.

A published study from 2011, in the Applied Psychology: Health and Well-Being (peer-reviewed academic journal ) suggests that just 15 minutes jotting down a few grateful sentiments before bed may have positive changes in the quality of your sleep. If you lay down and have forgotten at least review some grateful sentiments from the day before nodding off to sleep.

#### Brain Health

##### #5. Why and How!?

The science on meditation is clear. What's not for most people is what method to use. Meditation has no unpleasant side effect, it has only positive effects on both body and mind.

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Here are three quick options to consider.

For at least 12 minutes a day: Sit and breathe, be a witness to your breath.

If that doesn't hold your attention then add a mantra, either silently or out loud.

The mantra (or prayer) could consist approx. 2 or 3+ words that roll with the inhale and exhale:

ex: So Hum, Ham Sa, Om Shanti Om etc. Never forget there are many styles and methods of meditation. Chose the one which you will do on a daily basis.

Another added help, create your own safe space which you can call on no matter where you are in your daily life. Create it exactly how you would like, tweak when necessary, visiting it as frequently as possible, it will become easier to attain.

### **Quote:**

“The Essential Kahlil Gibran”

**Flowers:** the flowers of the field are the children of sun's affection and nature's love and the children of man are the flowers of love and compassion.

**Friendship:** Friendship with the ignorant is as foolish as arguing with a drunkard.

What could have been the base of the famous JFK quote “Ask not what your country can do for you but what you can do for your country”.?

Kahlil Gibran had written and published thirty six years earlier the following:

“Are you a politician asking what your country can do for you or a zealous one asking what you can do for your country?”

**Music:** Deuter: either Nada Himalaya 2 (Crystal Bowls) or Essential Deuter 90 Minutes (both on iTunes-Apple Music)

**The Art of Living:** Join us, space still available!

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