

## Help Your Health - The Weekly Review - #06 Autumn 2016

### General Asana:

We reviewed **Gate-Latch** (for some classes newly introduced), please visit previous newsletters and you will find the details for this asana. Can also be done sitting in the chair if it is too much weight on the knee.

Two important asana for building/maintaining a healthy back are: **Balancing Cat and Locust**. Both A-Symmetrical for building strength in the back muscles to help support a healthy spinal column. Locust can also be done symmetrical.

Continuing to work on **Tree** (various versions) and **Half-Moon** (for some classes newly introduced), both at the wall. We also practiced 2 different Standing Twists with one foot on the chair and using the wall.

### Specific Asana:

#### Name: Supine Single/Double Hamstring Stretch with Strap

**Physical Benefits:** Stretching the hamstrings and strengthening the abdominal muscles.

#### Description:

Lay supine on your mat.

With both legs at a 90 degree angle place the loop (approx. hip width wide) over the middle of both feet.

Stretch wide with the feet bringing the strap to its full width, try not to hold the strap to keep the legs/feet over the hips.

Eventually after a few moments, for some sooner than others, the legs will begin to tire and at this point you can hold the strap with you hand to keep the legs up.

The tighter the hamstrings and the more the legs are on the downward side of the hips away from the torso the hard this asana becomes.

At first just let the legs stretch reaching with the heels, the object is not to bring the legs closer to the torso if the knees are bent, better let them have some space and work towards straightening with a safe micro bend (always).

Then remove the left leg (straight on the mat is the back is okay and the hamstrings are not too tight otherwise place the foot behind the buttocks with the knee bent), holding the strap with the R hand at the loop (if possible), gradually opening the right leg between 1-5 inches to the right of midline/belly button.

Hold for sequential breaths and then switch hands and take the strap/leg to the left side of midline, again hold.

Repeat with both legs, both sides.

You will notice that for some, it takes only 1 inch or so to feel the hamstrings “talk to you”, for others a few more inches. If you take the leg too far to either side it will negate the hamstring stretch and put the emphasis on other muscles.

Don't miss the magic place.

These movements can always be done farther to the right and left when desired for other effects, but move slowly so you don't miss this short and sweet little stretch, less is more!

### Sitting in the Chair:

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Much of this movement can be done sitting in the chair. Be mindful that you keep a straight back and engage the abdominal area.

Don't expect the same degree of stretch as in supine, you will know when you feel the stretch.

**Quote:** the following three quotes are from Marcus Aurelius.

These words and advice, in many forms, keep reappearing throughout the ages.

From Pantanjali or Anais Nin, numerous Positive Psychologist who have proven that all meaning is self-generated and numerous Neuroscientists through brain mapping.

This Universal Truth, is for us to remember, practice and teach every day of our lives, even though it never allows one to blame another or anything outside of oneself for how we may feel.

“Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth.”

“The first rule is to keep an untroubled spirit. The second is to look things in the face and know them for what they are.”

“If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.”

**Music:** Brian Eno: Ambient Music for Airports & Moby: Ambient Music

### **Essential Oil:**

Available here in OWV at The Living Temple, a retail shop specializing in products for healthy living, ask for Robin. <http://www.thelivingtemple.com/>

### **Miscellaneous:**

#### **Yoga & Scoliosis**

The first small study done:

A single yoga pose each day may improve spine curvature for scoliosis patients

<http://www.medicalnewstoday.com/articles/283689.php>

There is also a chapter on Scoliosis in his book: Yoga for Arthritis

#### *Important Disclaimer*

*The news, suggestions, information, exercises and other items in this list are intended for informational purposes only. Not all exercise is suitable for everyone. To reduce the risk of injury, please consult your Doctor before engaging in any physical and/or therapeutic exercise program. Nothing is intended to be a substitute for professional medical care.*

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