

## Help Your Health - The Weekly Review - #07 Autumn 2016

### Asana:

this week we did our regular warm up and then proceeded to repeat the hamstring stretch using the loop in each strap, explained in detail in last weeks newsletter.

Most of the class time was spent moving through the 22-Movements called the **Joint Freeing Series**. These specific movements, from ankles to wrists, were originally designed by Mikunda Stiles author of Structural Yoga Therapy: Adapting to the Individual.

Here is the link to the series which you can print out and have for yourself, two pages:  
[https://www.google.com/?gws\\_rd=ssl#q=stiles+join+freeing+series+pdf](https://www.google.com/?gws_rd=ssl#q=stiles+join+freeing+series+pdf)

The premise is to see/know where you may be weak or not and to realize that each joint likes to be moved gentle in every direction it can, each and every day.

Many of these moves can be done during the normal course of your day. I do the ankle work every morning before I get out of bed, I believe getting the blood circulation and a little stretch in the feet and ankles is preventative before meeting the floor with the foot.

I also do the spine stretch very often in my car, not while I am driving, before leaving destination or after arriving. Feet firmly planted on the floor, twisting and looking out the rear window both right and left (check out the blind side and work on it equaling the easier side), a little cat and cow and a lateral stretch. The three movements the spine likes to do both right and left sides, don't forget to be equal.

**Music:** Deuter: Illumination

### 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/>

### Quote:

**As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind.**

**To make a deep physical path, we walk again and again.**

**To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.**

**-Henry David Thoreau**

**“The wise man lets go of all results, whether good or bad and is focused on the action alone”**

**-Bhagavad Gita**

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### *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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