

Topic this week: A full yoga class including the 10 Asanas recommended by Dr. Loren Fishman for the prevention of Osteoporosis.

Supine:

Attunement

2x blanket roll: cross/lengthwise with legs on a chair 4-6 minutes each side

Morning Wake-Up Stretch

Reaching legs/arms with flex/ext + circles of wrist and ankles

Circles with legs together: from tight n tiny, to wide and open, to in and out.

Chin Lifts with arms in cactus: 12 forward, 6x R, 6x L, then gentle side to side

Prone:

Cat n Cow to Balancing Cat/Ruddy Goose R/L to Gate (balance/lift/reach and flow)

Belly:

Heart Lift 10x palms down/chin holding a piece of fruit

Rest on cheek with forearms making a pillow/try both sides

Cobra

1/2 Cobra

to Childs Pose

Yogi Snack #1 free flowing Vinyasa with breath

ex: Childs Pose to Updog-Downdog to Plank etc.

Yogi Snack #2 Reaching out and up with the arms to releasing forehead to the mat without using hands

Standing:

Wide FF and Half way up (using the chair or block if necessary)

Tree

Following can be done as a flow:

Warrior I

Warrior II

Extended Side Angle Forward and Reverse

Triangle

Sitting:

Boat (use either version)

Seated Twist R/L

FF (forward folds various: straight legs with block, single bent R/L, wide)

Supine:

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Bridge
Windshield Wipers

Savasana

Music: George Winston: Two different Cd's either Winter and/or Summer

Essential Oil: Grey Matter: Peppermint, Lavender, Spearmint and Roman Camomile

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

Check out the free movie screening plus lectures on the wonderful uses of essential oils!

Quote:

Namaste! The word and the hand Mudra!

I honor the place in you that is the same in me

I honor the place in you where the whole universe resides.

I honor the place in you of love, light, truth and peace.

When you are in that place in you, and I am in that place in me. We are one!

Miscellaneous:

The **Posture Vest** which I spoke about (thank you Judi) is from SpinalQ (Neuroband Tension Level III) by www.alignmed.com located in Santa Ana.

<https://www.youtube.com/watch?v=kd-xrYvGoY0>

It is an expensive version of the strap usage for better posture but it's looks very functional and I was told that MediCare covers the expense if prescribed by an Orthopedic Doctor.

I have no personal review on this product but just want to pass on the information.

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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