

Help Your Health - The Weekly Review - #01 Winter 2017

Asana:

For most classes we added **Side Plank** after Gate.

This can be done either on the forearm or on the hand (mindfull that the wrist is directly under the shoulder).

Coming from gate, slowly extend the bent underneath leg to the back of your mat becoming straight with that foot more on its inside and resting behind the other/front foot (toe to heel).

If the wrist is an issue please do this on your forearms.

Take your weight, which you will feel as soon as you begin to slide the leg back, into the upper side of the body, reaching arm/fingers towards the ceiling from the shoulder and lifting the torso upwards. We will continue to work on this in most classes for this session.

This is the suggested asana from Dr. Loren Fishman for working with Scoliosis. We had a lovely testimonial from a student who has been doing this, at my suggestion, since she started the Solution. She has worked up to twice daily, only on one side, strong on her hand and after 5-6 months she is feeling and seeing a change in her Scoliosis to the positive, the 'bum' is receding.

In all classes we worked on **Shoulder Rotation** (either in Hero Pose or sitting in a chair) with approximately 20 minutes of various movements, some including the strap and some not. Too much to detail in a newsletter but if there is enough interest I would do a workshop (towards the end of this session) which would include a handout.

The first week of class we did **Butterfly and Clock** for the shoulders.

Feet Lifts and Releases: Facing the wall with all ten fingertips on the wall to begin with, feet hip apart, begin by rolling up on your toes and reversing. Slowly up and down and feeling if there is a tendency to either roll out or in during the process, try working against this if it is apparent and keep the roll straight.

I suggested that this could also be done on a stair, holding on to the railing and if you chose this location you can very carefully after rolling up also release down to give the achilles a gentle stretch. Daily or every other day, a few sets could also help with the often cramping one experiences from using the feet in other ways other than just putting them in our shoes and off we go.

Otherwise, the first two weeks have been a review of familiar asanas from past classes.

Music: Deuter "Sea and Silence" plus George Winston "The Summer" for Savasana

Quote:

"It is not only what we do, but also what we do not do, for which we are accountable." -Moliere

One last tidbit: for every 1 negative thought we should counter with 3 positive thoughts.

Miscellaneous: A suggestion from a past newsletter just in case you missed it:

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A 30 minute video worthy of your time: **The Science Behind Yoga**

<http://upliftconnect.com/watch-science-behind-yoga/>

I hope you will not only enjoy the video but pass it to others who may have contemplated a yoga class but not yet experienced or possibly those who are skeptical about the practice of yoga.

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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