

Help Your Health - The Weekly Review - #08 Spring 2017

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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Asana this week:

Joint Freeing Series by Mikunda Stiles “Structural Yoga Therapy” (see PDF)

Push-Ups

Name: Joint Freeing Series

Description:

A series which moves each joint gently and systematically through its full and natural range of motion. Starting with the feet and ankles, moving up to the knees, hips torso and spine, finishing with the neck. The motions in the series represent all the basic motions of the body.

Repeat each motion six times, go at your own pace and adjust your level of effort so you can sustain the sequence rhythmically, in harmony with your natural breath rate.

Physical Benefits and Why:

1. To heighten awareness and distinction between stretching and contraction muscles, knowing the difference between the feeling sensations of stretching and those of strengthening a muscle.
2. Enhancing joint mobility and often relieving joint pain and stiffness, if a joint is stiff, it lacks full mobility.
3. To observe and diagnose areas for comparative freedom.
4. To alleviate conditions associated with poor circulation, moving synovial fluid within the joint capsule and enhancing vascular circulation.
5. To find the point of “comfortable and steady”
6. Especially beneficial for those with limited mobility due to injuries or arthritis.
7. To uncover motions that are boring often revealing a site of conscious chronic tension or weakness.
8. Supporting the persistent conscientious practice of coordinated breathing.

Name: Push-Ups

Description:

Feet firmly planted shoulder width apart, body facing the wall.

Hands shoulder width apart and on the movement the elbows release down and towards the body in line with the wrists & shoulders on the exhale. Inhale, return.

Having good posture and not allowing the pelvic area to either sink forward or stick outward.

Engaging the torso, belly in and up, tailbone slightly down.

Keeping the ears over the shoulders and shoulders released down, open and back, shoulder blades into their pockets.

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Chin neither reaching or tucked. Moving towards the wall as if the hairline area will touch although it does not have to touch.

Increasing repetitions in slow increments, up to 25 daily or three sets of 12 each with a short pause between each set. Don't make the movement so hard that you are exhausted after 6 reps, rather less in intention and more often in repetition but do challenge yourself.

Physical Benefits:

Strengthening the arms which are a main site of "Sarcopenia" as we age, becoming weaker with the years.

Adaptations/Variations:

At the kitchen sink, hands on the wall or table pose on the mat, choose your degree of difficulty depending upon your strength or lack of strength.

General Class:

Supine:

Class Warm-UP #1

Hamstring stretch walking hand up the leg to the ankle with continually pulling leg towards torso.

Prone:

Cat n' Cow

Balancing Cat R/L "The Still Point" + Challenge and Reaching Back for the ankle

DD stack the hips-stretch and twist to one side R/L

Shorter DD and bring knee to nose with shoulders over wrists and on the toes of other leg.

Gate R/L including balancing Gate with eyes closed

Thread the Needle R/L

Standing:

Sun Salutations (with/wo chair)

Chair

Chair squat with block between knees-using wall or chair for support

On Belly:

2 versions of Cobra (with forearms on the mat and not)

Push-Ups from Table Pose to the Wall to the Kitchen Counter

Supine:

Leg Lifts (single or double) 25x

Bridge

Attune:

Meditate in a way you look forward to by Jon Wortman

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The science on meditation is clear. What's not for most people is what method to use. Here are three quick options to consider:

For at least 12 minutes a day: Sit and breathe, imagine yourself in your favorite place, or repeat a mantra or prayer. Never forget there are styles and methods of meditation. Don't meditate incorrectly, meditate in a way you can practice daily.

Pranayama:

Ujjai & The Breath of Joy

Essential Oil:

Cheer: Clove, Star Anise, Lemon Myrtle, Zdravitsa (Bulgarian Geranium) Nutmeg, Vanilla, Ginger & Cinnamon Bark

Music:

Deuter: Mystic-Voyage & Illumination of the Heart

Quote:

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around.

-Leo F. Buscaglia often called: Dr. Love. A Professor at USC, author of numerous books many best sellers and 5 at one time on the NYTimes Best Sellers List. Believed in lots of "Love and Hugs".

The Iron Yogi -a grueling race inspires a calm awareness of being by Lentine Zahler

The sun's heat radiates off the lava fields, distorting the figures of the riders ahead. I had thought to practice dharana (concentration) and dhyana (meditation) as I navigate the 2.4 mile swim, 112-mile bike ride, and 26.2 mile run from the start and finish lines of the Ironman World Championship, but my mind is off center. I am discouraged. The wind, sun, and sea have punished my body. My hopes for a fast finish are crushed; my competitive spirit has been beaten down. I bring myself back to my breath. A whimper grows into a quivering OM: low undetected by others over the sounds of the wind and the spinning bike wheels. My frustration lifts as the speed, strength, and rhythm of my legs return. Another OM. On inhalation, I fill my body with my breath, and I smile, joyful in this marvelous Hawaiian landscape. Soon, my ride is over, and I am in my running shoes, gliding across the course.

I am proud of my healthy body for responding exactly as I ask during each intense moment of this day. Some athletes pass me, and I pass others, with smile and non-judgment, as we explore the limits of the human body and spirit together. Now, the brilliant moon illuminates the finish line. The thrill of the achievement will break my meditation in just a few minutes, but in this moment, I have found my samadhi.

Be All You Can Be by Kate Holcombe

When we are faced with a challenge, a helpful mind-set can be found in the concept of Ishvara Pranidhana, or non-attachment to the fruits of one's actions. As the ancient sage Patanjali says in 11.1 of the Yoga Sutra, Ishvara Pranidhana can be a powerful practice that affects the way we approach every action we take.

Patanjali advises us to focus on the quality of an act, rather than on its outcome, leaving the 'fruits' of our actions to something greater. From this perspective, everything we do echoes an opportunity for practice; We do the very best we can, whether we're running a race, giving a big presentation or doing the dishes.

Regardless of the outcome, the mind is calm, clear and present because our joy comes from the act itself, rather than the result.

Miscellaneous:

10 Hugs a Day.....begin now!

“We need [four] hugs a day for survival. We need [eight] hugs a day for maintenance. We need 12 hugs a day for growth.”