

Help Your Health - The Weekly Review - #6 - Spring/2016

This week in class:

Asana:

Knees: Sitting up, supported slightly back or supine.

Knee 101 -with rolled blanket under knee, life heel, engage leg and hold 10 seconds, 10x right then 10x left. While doing please keep knee firmly placed on rolled blanket.

Knee Tracking.

Sliding heel towards body with knee tracking along a straight line, in and out. Watching any discrepancy in strength or movement outward or inward of the leg.

Sacrum Release Series: See DVD Vol.1 (25 minutes)

Review from last week:

The **lunge series** using a block against the wall.

1. Dips (not too much if your knee is an issue, let's build first gently) short and sweet or slow and strong, both sides. Eventually working the front thigh more parallel to the floor.
2. Second movement with block. Begin in long lunge and just move the heel up and down, it should not touch the floor but should line up with the toes.
3. Long, low lunge with heel up/down, yes you will be working the toes. Hold for? 30 seconds working up to 90 seconds.

“Yoga Snack”: Inhale from child's pose to cow, toes curled under then exhale to cat, point the toes and in cat release to child's pose. Repeat.....

2nd option: Inhale and reaching/sweeping out and up with the arms while on knees and returning on the exhale forehead to/on/towards the floor and palms facing up on the sacrum. Repeat....

Warrior 1 to Warrior 3, working on balance/agility. Beginning close enough to the wall for stability and eventually coming farther away to work more on balance. Go slowly and think of both form and function.

Readings:

#6

Gratitude

Gratitude improves self-esteem. A 2014 study published in the Journal of Applied Sport Psychology found that gratitude increased athlete's self-esteem, which is an essential component to optimal performance.

Other studies have shown that gratitude reduces social comparisons.

Rather than becoming resentful toward people who have more money or better job - which is a major factor in reduced self-esteem, grateful people are able to appreciate other people's accomplishments.

#6.

Brain Health

Transfer Blame

Reattribution is a therapeutic technique of exploring alternative causes for events.

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You spilled the milk. No, someone else forgot to screw the top on tight. You missed a deadline. No, new information means a later delivery to get the project right. You lost your family's fortune betting the horses. You say to your spouse, "I got bad information."

Obviously, the last example is playful but in every case where you can take the burden off your shoulders, your alarm in your brain calms down.

This doesn't mean you don't take responsibility in your life. It means that certain things we experience are truly a result of causes beyond our control and recognizing that in many instances allows your brain to produce less stress hormones.

Quote: Translated from the "Yoga Sutras" by Patanjali Chapter 3 Verse 18, approx. 2000 years old from the original Sanskrit.

Through sustained focus and meditation on our patterns, habits and conditioning, we gain knowledge and understanding of our past and how we can change the patterns that aren't serving us to live more free and fully in the present and eventually the future.

Music: either Deuter "Illumination of the Heart" or Ben Leinback "The Spirit of Yoga"

Miscellaneous:

"The Secret Power of Yoga" by Nischala Joy Devi
A woman's guide to the Heart and Spirit of the Yoga Sutras.

The Yoga Sutras of Patanjali
Translation and Introduction by Swami Vivekananda

The Art of Living:

New Offering from **The Art of Living:** **Burgundy, France** in October 2016.