

Help Your Health / YogaTherapyalacarte.com
Weekly Review #8
Winter
2018

Benefits of Yoga:

Yoga helps you cope with health problems. It not only can be integrated into the treatment of many different health issues, but it can ease coping with health problems. Yoga is adaptable and focuses on the individuals's needs, so it can be tailored to people who are not used to being physically active. The only element asked is patience.

Core Principles:

Get to know the poses. Poses offer different types of energy. In the yoga tradition, quieting energy is langhana and exciting and expanding energy is called brahmana, similar to yin and yang. Your mind-body attunement will tell you whether to dial your energy up or down. Every pose has aspects of both types of energy, but, depending on type of use and how you choose to do the pos (modifications), you can stimulate brahmana, creating more energy and vitality, or cultivate langhana, leading to more calming effects. Each pose has balance of energizing or calming qualities and some poses tend to b more of one or the other. For example, forward bend poses are useful to wind down at the end of a long day. Standing, twisting and backbend poses build up more energy. The more you do yoga, the more you can notice how different poses affect your energy.

Description: Head Balancing

Come into a Mountain Pose standing or sitting upright. Let your gaze float upward and your hairline draw backward as you tilt your chin toward the sky. Feel how this creates wrinkles in the back of your neck and inhibits the natural curve of your cervical spine by creating too much of an arch.

Now let your chin drop down toward your chest and your hairline move down toward the floor. Feel how this compresses you're throat and flattens the curve of your spine. Feel how tight and hard the muscles, tendons etc at the back of your neck become working hard to hold that head.

Find a balance between the two positions, where the subtleness is obvious, so that you maintain the natural curve of your cervical spine, with your head resting comfortably on top of your shoulder girdle.

Physical Benefits: Finding a balance between these two positions will give your head a spacious feeling and allow you to relax your forehead and jaw.

Your head which could weight between 12-15 pounds was meant to be directly over your shoulder girdle/spine and not forward (Forward Head Syndrome) which can cause many problems and be a part of poor posture. Anyone ever heard of 'a pain in the neck'?

Adaptations/Variations: There are no compromises or easy fixes. Good/proper posture is necessary.

Description: Eye Exercises

Eye Focusing: Switching focus between Near/Far, also using the thumb (stretch forward arm) for focus as well as a far away point.

Eye Movements: Up/Down, Right/Left, Circles clockwise/counterclockwise, Jump around the Clock 1-12.

Palming: rubbing the hands vigorously together for a moment until you feel warmth and then cupping your palms over your eyes to block out the light, making sure not to touch the eyelids.

Physical Benefits: Strengthens the muscles around the eyes. Improves circulation to the eye area. Stimulates the Ayna Chakra (third eye).

Important Disclaimer

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Description: Contemplative Breath with Four Parts

Supine on your mat with a small blanket under your head (not under the shoulders or neck).

The legs slightly apart, relaxed, the small of the back lowered to the ground and the hands framing the solar plexus.

Inhale through the nose watch the abdomen naturally rise (with block sitting on this area) and the upper torso expand, exhale through the nose as the abdomen/block sinks and the torso contracts.

Imagine a wave and watch how it approaches and then retreats again. Breath slowly, there should be no jerking.

Continuing: One - inhale slowly into the abdomen. Two - continue inhaling into the chest. Three - exhale with the abdomen. Four - exhale with the chest.

Phase four is the shortest part of the exhalation and One is the longest, noticing that these four Parts are like the movement of a wave. Part One & Two the wave approaches you, Part Three & Four, the wave recedes.

At the same time as you breath in, imagine and feel an inflow of strength which accumulates.

With the exhalation feel the flowing away of all that is undesirable: fear, anger and anxiety.

Physical Benefits: Establishing more awareness and better breathing habits. Strengthening and working on endurance of the lungs. You may even fall asleep.

General Class:

Starting Pose: *Morning Wake-Up Stretch, Hip Openers with Bent Legs(Small Circles Together, Circles Apart and Large, In/Out Together), Ankles/Wrists Flex-Extend*

Warm-Up: *Child's Pose, Cat n' Cow, Thunderbolt Seal Pose,*

Arm Support: *Balancing Cat, Dolphin,*

Forward Bend: FF Standing, Seated and Wall Versions

Standing:

Sun Salutations with and/or without the Chair

Please find both PDF stick figure description [here on my website](#).

Find Sun Salutations with and without the chair also as video (first and last) on [my video page](#) or on my DVD's which you can purchase directly from me.

Sitting: Pranayama (continue with Alternative Nostril), **Head Balancing, Eye Exercises**

Twisting: Seated Twist

Balancing: Tree

Backbend: Reverse Table

Hip Opener: Supine & Wall Version Pigeon Pose & Supported Shoulder Stand (Optional)

Cool Down: Bridge

Savasana: **Complete Breathing with block sitting on abdomen area.**

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The Chakra System: #6- Ajna - Accessing your Intuition

Also called the 'third eye' or brow chakra' and located in the center of the forehead. Coincidentally, science now tells us that where the yogis located this chakra happens to be the point where the right and left optic nerves cross in the brain.

Its theme is imagination, wisdom, and intuition, and its element is light.

The translation of this chakra is 'to perceive and command'.

The chakra gland is the pineal gland and also the pituitary (master gland), which is actually stimulated and regulated by light.

A blocked third eye may be someone who has a busy mind or indecisiveness.

An overactive sixth chakra is when you are distracted with daydreaming and imagination.

Yoga exercises for the third eye include meditations, especially on color and guided visualization.

Sanskrit Name: Ajna

Function: Intuition

Physical Location: Brow/Forehead

Spinal Vertebrae: Cervical 1-2

Nerve Plexus: Carotid

Gland: Pineal & Pituitary

Body Area: Eyes, Brows

Theme/Motivation: Vision

Inner Sense: Imagination, Seeing, Third Eye

Matter: Color

Element: Light

Problems: Vision Issues, Headaches

Color: Indigo

Seed Mantra: Om

Action: To See

Animal Representation: Owl

Yoga Asana: Guided Imagery, Medication

Meditation: Color

Breathing / Pranayama Exercise: repeating **Alternative Nostril Breathing**

Essential Oil: doTerra: On Guard the Protective Blend which you can now order directly from me.

Music: Deuter "Mystic Voyage"

Quote:

Yoga exists in the world because everything is linked...yoga is about relationship.

The goal of yoga is peace, not power. Peace cannot be attained through power, yet power is the result of peace.

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-Desikachar “The Heart of Yoga”

From me to you!

Dear Students,

This week we reviewed SS with the Chair and with more clarification and practice I definitely see the light at the end of the tunnel, which is in two weeks when this session ends. Keep up practicing and thinking, if you need more support just ask me.

Hope you have read the recent blog post called Spine relief. It features an article from NPR titled “Lost Art of Bending Over: How Other Cultures Spare Their Spines”. Bend like a hip hinger and not turn into a cashew! Read it and please pass it on.....if you didn't receive then you don't 'follow' me, please do and catch up on what you may have missed by looking at my blog posts on this site.

Currently, I am accepting checks for the Spring session which begins Monday, April 2. Either an 8 or 9 week session depending upon the day, Monday thru Thursday \$147 and Friday and Saturday \$131. The difference is due to Memorial weekend when I am in Joshua Tree holding my annual retreat (still a few spaces available).

Spring Calendars have been passed out and there are more, if you wish.

I am offering an incentive for you to bring a family member or friend to sign up for a session. I will know exactly which classes have openings by mid-March. In the meantime I definitely have some space in various classes due to the number of students moving to another state. Maybe there is a space in your specific class and they can join you! Let me know if you need some supporting information to give out.

Enjoy a wonderful weekend and hope to see you this coming week and the next. Do your make-ups, don't ask, just come!

See you in class.

Namaste...

RoxAnn

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