

Help Your Health – The Weekly Review Winter Session 2018 – #10

Benefits of Yoga:

The most common health problems that lead people to try yoga are back pain, stress and arthritis – all conditions that research has shown improve with practicing yoga regularly.

Yoga has been shown to be helpful as part of treatment for a variety of medical conditions, including chronic lower back or neck pain, fatigue, obesity, asthma, irritable bowel syndrome, osteoarthritis, rheumatoid arthritis, carpal tunnel syndrome, Parkinson's disease, migraines, diabetes mellitus, kidney disease, multiple sclerosis, and for cancer survivors.

Core Principles:

Breathing is a very active and essential component of doing yoga poses. Actively breathing helps you maintain strength and flexibility in a pose.

If you find that you have lost track of your breath in certain poses, return to a resting pose such as Child's Pose (your pose of courage) to reconnect with your breath.

Breath can also be used to remain active and deepen the pose, such as in twisting poses, a principle commonly referred to as 'breathing into a pose'

A common saying in yoga is that 'asana is at the bottom of the breath' which means that the full pose occurs during exhalation. We also describe the breath as the parenthesis of the asana, beginning before and ending after movement.

When you are in a delicate balance between being active and relaxed and are neither straining to 'hold' the pose nor fully being lax, this is the fulfillment of the pose.

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, Thread the Needle, Side Lying leg lifts R/L, Strap/Leg Extensions R/L ending with Happy Baby and Cobblers Pose

Arm Support: Balancing Cat

Forward Bend: part of strap series

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 DVDs which you can purchase directly from me.

Twisting: Seated Twist

Balancing: can be addressed in SS without using the chair as a support

Backbend: Cow, Up-dog

Hip Opener: part of strap series

Cool Down: Bridge + additional versions x3

Savasana:

Breathing / Pranayama Exercise: Ujjayi

Essential Oil: DoTerra "Forgive" Spruce, Bergamot, Juniper Berry, Myrrh, Arborvitae Wood Oil, Nootka Tree, Thyme, Citronella

Music: Deuter “Atmosphere”

Quote:

Most folks are about as happy as they make up their minds to be.

– A. Lincoln

An eye for an eye only ends us making the whole world blind.

– M. Gandhi

We live together as rational human beings or die together as fools.

– Reverend Dr. M.

L. King Jr.

From me to you!

Dear Students,

Having just completed, either a 9 or 10 week Winter Session, I would like to take this opportunity to **thank all of you** for your support. It has been my pleasure guiding you through this session. With great success we have, for the most part, mastered the Sun Salutation with the Chair and now what is your next step. Continue with them but don't use the chair as strongly and if possible remove the hands completely from the chair with both lunges. This will challenge your **balance** as well as continue building **strength**. Let me know if you have any questions and how it goes.

This coming week I will work on the structure of **Spring classes**. If you have any body parts and/or suggestions of something in particular which you would like to have covered, just drop me a line at student@.

Since I am now a **DoTerra** distributor, I will have more information for you on the specific oil which I will be using each week: how and in which form it is available and how much it costs. You will only need to tell me you would like to order it, I will do so in one of my bi-monthly orders and let you know when it arrive and you can pay for it at that time. Pricing will be retail minus 10% or if you are interested in membership than you would pay wholesale.

Yesterdays **bolster workshop** was full with 10 participants and I think we all had a good time. This work is so individual that as one student said “it's only a matter of an inch” and that can be the difference between being uncomfortable and sinking into a full supported relaxation. I enjoyed sharing the wide variety of Restorative and Yin yoga poses, some we are familiar with and some not. I will be holding this workshop again on **Tuesday afternoon/April 10** from 1-3:30 on and again on **Saturday May 12**, same time. location and price (\$35.). I will continue this offering if those dates fill up and there is more interest. If you are interested to reserve your space just send me an e-mail to student@, you will receive a confirmation and number, you can bring me a check when we meet again for Spring session.

Have a good week off, do some yoga, I am here if you have any questions. Happy Easter and be well!

Namaste,

RoxAnn