

Help Your Health – The Weekly Review Spring Session 2018 – #3

Asana this week:

Name: Elbow Lifts: Sphinx, Wider & Wall

Plank: Sphinx, Regular
on mat and Wall

Description:

Sphinx Lifts/Plank: Lie face down on the floor, raise your head and chest up by supporting yourself on your forearms. Place the elbows directly under the shoulders with hands extending forward. Firm the muscles of your arms. For the lifts, contract your belly muscles slightly taking the tail bone down and slowly begin lifting the elbows off the mat until they are approx. 90% straight, slowly returning them down until almost touching and raise again. Always being aware that the abdominal core is engaged. For this version the elbows are always directly under the shoulders, follow the above directions and if you wish to lift to the sphinx plank, don't think this is easy. Slowly begin lifting the buttocks first, but not higher than the shoulders, hold this first until you are comfortable before curling the toes under and lifting the knees. Inhale to lengthen., heels pushing back. Stretch and connect into one long line from shoulders to heels, suspended away from the floor. The correct angle between shoulders and heels you will feel because it is the hardest place to hold, if your buttocks is too high or too low it becomes much easier. Count the seconds.....

Wider Lifts/Plank: From sphinx position spread the elbows/forearms and hands almost as wide as your mat. From here always follow the important step of engaging the abdominal core before lifting the elbows, keeping them in line with the hands. Don't let the shoulders do the lifting in any of these movements, keep them engaged but down. From this position you can also come up directly into a plank. If that does not happen than go into the plank from a prone position. This version being much easier than Sphinx Plank. Again...count the seconds but more of them.

Wall Lift/Plank: From this position you will be using your body weight, closer to the wall less and farther away more. Be mindful that the body stays straight like an unbendable piece of wood, head remaining in relation to the shoulders and heels down as much as possible. Notice the difference if the hands are lower on the wall or higher. Engage the abdominal core as usual and let the body release slowly towards the wall, if you do come in contact it should be the forehead to the front top of the head but not the head reaching, keep it in line with the torso. Exhale and move to the wall, inhale and return to position. Holding is the plank version.

Physical Benefits: to strengthen the core abdominal muscles, the muscles of the arms and shoulders.

Precautions/Adaptations/Variations: Make sure the elbows and upper arms remain inward and do not flare out. Don't overdue any of the above, begin slower and progress as you feel comfortable and depending upon the next days. If you engage the abdominal core you may very well feel the work on subsequent days. Slower is better and more!

Name: Gomukhasana -Cow Face R/L with Strap, Garudasana Arms -Eagle Arms Wrap R/L

Description: Gomukhasana -Cow Face Arms

Place a belt over your right shoulder in case you need it to connect your hands. Raise your right arm up in front of you and pat yourself on the back until you feel the strap and then hold on to it, palm should be facing inward. (you can also fully stretch your arms up beside your head and bend your elbow, the hand coming behind your head grasping the belt or reaching the fingers down). Take your left arm out to the side and let it be a pendulum with the palm facing back and thumb down. You should feel your shoulder blade slide toward the spine as you do this, slowly take the hand to your mid back and slide it inwards until it finds the strap, grab on to the strap. Slowly inch the hands towards each other. While finding a safe place on the strap or the fingers grasped on to each other you can raise or release the arms up and down. Lift and widen the front of the chest and look straight

ahead. Be as content and centered as possible as you manage the pose. Release and repeat on the other side.

Physical Benefits: To stretch the shoulder flexors and extensors and move the rib-sternal connections.

Precautions/Adaptations/Variations: Don't try too hard to bring the hands together. At first, be content to reach towards the strap and just hold on to it.

Name: Garudasana Arms -Eagle Arms Wrap R/L

Description: Standing or sitting forward on your chair with your spine tall and feet flat. Bring your arms in front of you, bend the elbows at ninety degrees, and point your hands up. Hook your right elbow inside your left elbow crease. Intertwine your forearms so that the fingers of your left hand hook onto the palm of your right hand. Inhaling, lift from inside your chest and pull your upper arms back into the shoulder sockets. Lift your elbows up, keeping your hands pointing straight up. remain like this for several breaths, then release and do the other side.

Physical Benefits: To produce a strong shoulder stretch that addresses the superior two-thirds of the trapezius, rhomboids, deltoids, and transverse thoracic. To move the ribs' spinal joints.

Precautions/Adaptations/Variations: Do not force it, if this is too difficult, do a simple crossover cactus which we will be doing this coming week in class.

General Class:

Restorative with the Breath: *with blanket across and lengthwise, Legs up the Wall or on a Chair.*

Attunement/Starting Pose/Supine: *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/Prone: *Child's Pose, Walk to the Right/Left, Thread the Needle, Cat n' Cow, Balancing Cat, Gate, Child's Pose.... Updog/Plank/Down-Dog (your choice of four different asana in a flow)*

Prone: Heart Lifts, A-Symmetrical Locust Lifts + Symmetrical, Sphinx Elbow Lifts to Sphinx Plank, Wider Elbow Lifts to Full Plank

Standing/Balance: Wall Elbow Lifts (different hand heights), Cow Face R/L with Strap, Eagle Arms Wrap R/L

Chair: Scrunching the paper with the toes R/L, Knuckle Movements for each joint of the hands R/L, Individual Finger circles amidst stillness.

Savasana: Legs Up the Wall

Essential Oil: doTERRA "Breathe"

Laurel Leaf, Peppermint, Eucalyptus, Cardamon, Melaluca, Lemon
, Ravintsara, and Ravensara,

Music: Deuter: "Healing Circle"

Quote:

'Be at least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.'

-Eckhart Tolle, Writer/public speaker

"There are no riches above a sound body." -Ecclesiastes 30:16