

Help Your Health – The Weekly Review Spring Session 2018 – #8

Asana this week:

Standing Crescent

Partner Work: learning the movement of the shoulder blades.

Name: Standing Crescent

Description:

1. Stand with your left side a few inches from the wall. Lift your left arm high on the arm.
2. Test whether you are more comfortable with your palm or the back of your hand on the wall.
3. Firm your arm muscle, retains the upper arm deep in the shoulder joint/don't squeeze your arm to your ear.
4. Inhale, lift arm through your torso, and lean sideways toward the wall until your hip and possible your shoulder area touch the wall.
5. Lengthen your sides.
6. Gradually intensify this side stretch during several breaths.
7. Repeat this movement several times, then turn and repeat on the other side.

Physical Benefits/ Precautions: This movement will mildly flex the lateral spine and increase shoulder mobility including range of motion. Keep your body carefully aligned with the side toward the wall. Avoid turning. Best if done with a wall on the side and back, using a corner.

Name: Partner work: learning the movement of the shoulder blades.

Description:

1. Place your hands on the shoulder blades of your partner/model as they move the shoulder blades: in/out, up/down etc.
2. Have the model slowly take the arms six inches from the sides of the body with the inhale and back with the exhale. Keeping the shoulders down and in place as well as the shoulder blades in their pockets. Then repeat the movement with the model allowing the shoulders to lift with the arms, feel the difference.
3. Repeat same as above but this time taking the arms up over head. Do both versions: keeping the shoulders still in place and allowing them to lift.

The safer option is, as much as possible, especially when reaching, to keep the shoulders down and in place.

Physical Benefits/ Precautions: Stretching the shoulder area and avoiding the shoulders to become your new earrings. Keeping the shoulders down will help to avoid any impingement.

General Class:

Restorative with the Breath: *Legs on the chair with blanket across and lengthwise under the back.*

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 with legs and arms overhead.*

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

Prone: *Heart Lifts, A-Symmetrical Locust Lifts + Symmetrical,*

Standing/Balance: Standing Side Angle Pose/Parsvakonasana at the Wall, Partner finding the shoulder blades.

Chair: High Pitch Bhramari with traditional Shanmukti Mudra, Seated Side Angle Pose/Parsvakonasana, Bridge

Savasana: *Supine and Relaxed*

Essential Oil: doTerra pure **Wild Orange** (15ml bottle this week special \$11. plus tax) with a few drops of Peppermint

Music: Deuter "Essentials"

Quote: Madame de Sevigne, a woman of letters (wit and vividness), an Icon of French Literature, a French Aristocrat

"It's the fine rain that soaks us through." This week we spoke about the correlation between this statement and taking 'baby steps' regarding long term changes in one's life. No giant leaps and no quick fixes, these types of changes usually do not work in the long run.

Miscellaneous:

The film "**Ancient Secrets of Essential Oils**" offered for free viewing periodically at "The Living Temple" is scheduled for this Wednesday, May 30th 7:00-8:30pm at The Living Temple #8 in Old World Village.

Both my husband and I enjoyed watching this film last week, seeing various doctors and experts talk about essential oils and viewing a real-time activation of left frontal and temporal brain activity (the left side is the analytical side responsible for focus and attention) by inhaling Peppermint Essential Oil.

A calming and happy limbic system was also show when using Lavender or Frankincense (not shown but also effective is Cedarwood, Vanilla, Lime, and Copaiba), specific in the region of the amygdala (the limbic system is the site of emotions and the amygdala combine memories with fight and flight reactions). This was show my mapping the brain of the doctor while he inhaled the oils.

The viewing is free, but do call first to make a reservation as space is limited. Enjoy the film. <http://www.thelivingtemple.com> or call Robin for information at (714) 891-5117.