

Help Your Health – The Weekly Review Winter Session 2019– #2

Always remember that when we lose our focus we lose our balance. So true, both physically and mentally.

General Class Sequencing:

Restorative with the Breath: *Legs on the chair(or up the wall) with blanket across and lengthwise. Arms in cactus.*

Attunement/Starting Pose/Supine:

Morning Wake-Up Stretch,

Printable Link to Morning Wake-Up Stretch on my website: https://yogatherapyalacarte.com/2018/01/20/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, Child's Pose....

Supine:

Psoas Spirals (Leg Circles) -A dynamic hip warm up, core strength builder and also helping to tone the psoas. Strengthening hips in every range of motion. Drawing spirals on the ceiling.

Begin with one leg straight & pointed on the mat and the other one straight up/perpendicular and pointed, keep the mat leg pined to the floor as much as possible, do not arch your back and stay in contact with the floor, keep the abs/core engaged and solid. Do not allow the pelvis to rock as you circle.

Extended leg to ceiling, bend the knee if needed due to tight hamstrings but still keep the toes pointed. Start with a small circle/spiral and gradually increase the size with each revolution until you can't go any wider.

Each leg clockwise and counterclockwise, alternating between legs and directions if the leg seems tired.

Standing:

Both of the following we have done in class many time in the past years:

Arm Half-Circles: beginning arms length from the wall and eventually coming closer R/L.

Yogi push ups: at the wall keeping the elbows in and going down, body straight and strong. Can advance to the floor on the knees with feet crossed behind.

Balance: finding your **"Balance Point"**. Because we are each unique, we each have our own balance point of gravity. This would be the position in which, when one is balancing, your weight is evenly distributed and you feel comfortable and safe.

How to find it? If you would drop a plumb line down from your head through the center of your body, you'd find you 'center of balance', the position in which you'd feel most balanced (secure) and least likely to fall.

In yoga, in order to help establishing and keep a balance point we use a tool called “**fixed point/ focal point or drishti**” This could be an imperfection in the wall, chair etc. by keeping your eyes on this point one can more fully ‘feel’ ones balance.

Basic balancing exercises usually engage one main foot position and many possibilities for the arms:

Foot: Stand well grounded (follow previous instructions for **Tadasana/Mountain Pose** on one foot with the other leg slightly bent, all toes pointing directly ahead. Beginning with heel off the ground and eventually flexing the foot as the toes also lift.

Arms: Many options: arms directly at the sides, hands on the hips, arms out to the sides, arms up over head in the V position, arms crossed and fingertips at shoulders.

Continue with handout for details. (which I gave to everyone who attended class and if you missed class your copy is waiting for you) “**Test 4 Balance**” based on a study from the University College London and published in AARP magazine.

Balancing & Breath:

IF you want to combine this balance work with the breath than do so. Long, slow and smooth, breathing through the nose during the 10-30 second holds.

Balancing & Breath: Sun Salutations with the Chair: please find details on my website or on my DVD’s.

Pranayama/Breathing: Counting Meditation

Don’t be alarmed if you find it difficult to maintain focus even to count to 10. Your ability to sustain attention in the moment will grow with practice.

Get comfortable and choose a number from 10 to 50 to count forward.

Inhaling, think one, exhaling, think one. Inhaling, think two, exhaling, think two.

Continue until you reach the number or until you lose focus, at which point you can start again from one.

With practice continue to the following: Count each half of the breath, inhaling ‘one’, exhaling ‘two’. Or count from a bigger number back down to one.

Savasana: *Supine and Relaxed*

Essential Oil: doTerra “**Motivate**” the Encouraging Blend of mint and citrus oils + vanilla bean.

Music: Deuter “Bamboo Forest or Illumination”

Quote:

Your mind has a deep and powerful connection with your body.

When we’re mentally stressed, our bodies mirror our minds by tightening; and when we’re mentally open and relaxed, our bodies can soften and relax.

The magical thing is that this relationship works the other way too, so if we make our body more relaxed, our mind will follow.

One of the best ways to do this is by **SMILING**.

Next time you're dealing with a difficult emotion or situation, try softening your face and smiling. This will tell your mind that you're doing OK – even if you're not feeling super-happy in the moment.