

Help Your Health – The Weekly Review Winter Session 2019– #5

General Class Sequencing:

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

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....*

Prone:

Plank (Regular to Knees down) Sphinx with knees down to full.

Find the place where you are in this series and work on it 3x weekly adding seconds at a time. Be inspired by the “Notorious RBG”.

I suggest the you start this in front of a mirror so you can see the line of your body, especially the lower back/waist area from the side. If you do not engage the core belly muscles you will feel it in your back which you want to avoid. Plank will give you an idea of whether you are dealing with a weak core or not.

Standing:

Self Hugs – R/L changing dominant arms, exhale with a hug and bringing chin towards chest.

Breath of Joy -see link WR#4

Parking Lot Series: Any time, any where. – see details in WR#3

Posture: “Strap”

Help support better posture while walking, sitting at your computer, driving or just being. This concept comes from Dr. Timothy McCall and can be found in his book “Yoga as Medicine”. You can buy a strap from me directly, depending on the size which you individually need with 8 or 10ft. The strap comes with written instructions on how to use.

Balance: Test 4 Balance -details in the handout

Pranayama/Breathing: Three-Part Breath -belly, rib cage, collarbones and reverse

Savasana: Supine and Relaxed

Essential Oil: doTerra “Lime”

Music: Deuter “ 90 minute Essentials”

Quote: “The What Over the Why”

When it comes to working with thoughts and emotions. it is important to know WHAT is happening before you try to understand WHY it is happening.

There are many reasons why certain thought patterns arise, but if you can't see them clearly, then you can't start to work with them.

Take some moments and make it a priority to clearly identify what categories of thoughts or emotions arise in your mind (for example: planning, worrying, fear, excitement, sadness, anger). Noticing the categories that come up frequently.

Knowing that you are worrying – and developing healthy practices to address that thought pattern – is more important than fixating on what you are worrying about.

MISCELLANEOUS: recommended read.....

Dr. Timothy McCall author of “Yoga as Medicine”. I just read his new book about his recent journey with throat cancer. Inspiring and full of ideas and tidbits regarding health and yoga, something for everyone both physically and mentally to think about with ideas to experience. **“Saving My Neck”** A Doctor’s East/West Journey Through Cancer

“Dr. Timothy McCall’s new book documents his life-changing journey using Ayurvedic and Western medicine to cure his cancer. It is a guide that will change your life.”

Link to book on Kindle: <https://www.amazon.com/Saving-My-Neck-Doctors-Journey-ebook/dp/B07KJDNDZP>

Link to his home page: <http://www.drmmcally.com/saving-my-neck.html>