

Help Your Health – The Weekly Review Winter Session 2019– #8

General Class Sequencing:

Attunement:

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

Lets practice a little Meditation during this quiet time.

Think of a favorite phrase (Mantra) and repeat it once with the inhale and twice with the exhale.

If you forget after a few minutes that just means that the monkey mind has wondered. Don't do anything or think anything negative just go back to your Mantra.

Some examples: OM(AUM), Shanti (Peace), So Hum, Ham Sa, I am Grateful, I live the life I love – and I love the life I live, I am – So I am, or a phrase from your spiritual/religious practice.

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:

Mini Vinyasa (Yoga Snack) no prep necessary, just a short sequence which consists of 2 or more asana, concentrating the movement in tune with the breath.

ex: Child's Pose or Puppy (exhale) to Cow (Inhale) return and repeat x6 or more.

Can add Cat, Up-Dog, Down-Dog or Plank to make a longer vinyasa but add slowly as the body warms up and your time allows.

Additional ideas under General Short Flow Sequences (DVD Vol.2)

Sitting:

Picnic Table (see 5 Tibetans)

Boat with Alternatives...

Supine:

Single/Double **Leg lifts** (see **5 Tibetans**) or Alternative Knee Bends with Single/Double Leg Lifts:

Depending upon class and body needs, with strong belly and movement only with core engagement and lower back contact to the floor, do NOT arch the back. I like to lift on the exhale and release on the inhale.

I have shown four versions to choose from, begin slowly and only progress according to abdominal strength. The following is listed from easier to harder, go slowly.

1. Single Bent Knee to chest, straighten, bend and release to floor.
2. Single Straight leg lift and release.
3. Double Bent Knees to chest, straighten both, bend both and release to floor.
4. Double Straight leg lift and release.

Standing:**Balance:**

Test 4 Balance (details in the handout)

Sitting in a Chair:**Feet/Toes/Ankles**

1. Picking up Marbles from the big toe to the little one, each foot separately and then together.
2. Scrunching the Paper to a Ball using the toes as much as possible to turn a letter size piece of paper into a tiny ball. Using either newspaper type printed paper and then making it harder by using a better grade Zerox paper.
3. Spreading the Toes
Pushing down on the big toe, slight lift all the little toes and spread them as far out to the side as possible. Do not invert or evert the foot. Feel the effort happening under the arch of that foot.
4. Lift all the toes of one foot and spread them, slowly bringing each one to the mat separately beginning with the pinky toe. Repeat on the other side.

Another option which we did not do in class.

Using a wash cloth. Place the foot down on the material, but not the heel.

1. Curl all toes under and try to grab the material with all toes don't forget the pinky, that is the hardest.

Hold for a breath or two still keeping a slight contact with the big toe.

Still keeping the heel down on the floor, lifting only about an inch or so and hold again for a

breath or two.

Feel the work and action which is being asked of the foot muscles, ligaments and tendons. 3x each foot.

2. Now curl the toes under without grabbing the material and try to push the material away, this will happen very gradually and don't let the big toe do all the work.

Keep pushing with each curl until the material is no longer under the foot, switch feet.

It is suggested to do some of these foot exercises on a daily basis.

Crossing one leg over the other as men do (it is not suggested to do the female version of crossing the legs as it is not healthy for the circulation in the legs). Working with the toes/foot, flexing and pointing. R/L

Feet and Quad stretch on the side of the chair:

1. Sitting slightly over the right side of the chair and taking the right foot back (in line with the knees and hip) with the toes curled under.

2. Same position but this time point the toes and push down on the ankle for a nice stretch.

While doing each of these stretches you can also lean back into the chair (holding on with both hands or either hand on the chair between and next to the legs). You will feel this stretch in the right quad.

Switch and repeat on the left side.

Pranayama/Breathing:

Bhramari/Bee's Breath: As you exhale making the sound of the female honeybee, feel calm and clearer.

Getting Started:

In a comfortable seated position, either using the floor/chair/bolster, with the thighs angled downward towards the knees and keeping the natural curve of your lumbar spine.

Always balance effort and ease. Beginning with a moderate volume but never forcing the buzzing sound.

Keep the facial muscles loose, lips lightly touching and jaw relaxed, with the upper and lower rows of teeth slightly separated.

Prolong the buzzing sound on the exhalation as long as it's comfortable and you can still inhale smoothly, without gasping for air.

If you start to feel agitated, back off and return to normal breathing.

Basic Bhramari:

Sitting comfortably allow the eyes to close. Take a breath or two to settle in and notice the state of your mind.

When ready, inhale and then, for the entire length of your exhalation, make a low-to medium pitched humming sound with the throat.

Notice how the sound waves gently vibrate your tongue, teeth and sinuses.

Do this practice for six rounds of breath and then, keeping your eyes closed, return to your normal

breathing.

Notice if anything has changed.

Bhramari with Shanmukhi Mudra (Variation): (this version we will do next week)

One way to intensify the effects of Bhramari is to add Shanmukhi Mudra.

Turning the senses inward by blocking some of the external input to the senses with your fingers, you can heighten the effect. This is the simplified version.

Use your thumbs to gently push on the tragus of each ear -the bump of cartilage on the cheek side – to block the ear canal. Practice six rounds.

High-Pitched Bhramari:

Now do six rounds of high-pitched Bhramari with or without Shanmukhi Mudra. Notice where you feel the vibration, most likely you'll experience the vibration higher in the head than you did with the lower pitched sound.

Does this feel more stimulating?

Experiment with different tones and different volumes and compare the results. We are all individual with individual needs.

Bhramari Rx:

Although very few of the potential therapeutic applications of Bhramari have been studied scientifically, the yoga tradition teaches that well-chosen sounds have powerful and salutary effects.

The side effects of this practice may include a more balanced nervous system, a calmer mind and heightened awareness.

Insomnia: a quiet, low-pitched sound, perhaps with the addition of Shanmukhi Mudra could be soothing to the nervous system and mind.

Sinus Infection or Nasal Congestion: A more forceful medium to high-pitched sound might be a better choice to open the passage ways.

Thyroid Problems: Try a medium-pitched sound and add Jalandhara Bandha (chin lock) to direct the sound waves to the throat.

Stressed Out: Use the silent variation, at work or in public, so no one around you knows what you're doing.

Savasana: Supine and Relaxed

Essential Oil: doTerra "Citrus Bliss" the Invigorating Blend, essential oil from the peel of many different citrus fruits plus a tad of vanilla bean.

Music: Goldmund "Sometimes"

Quote:

Gratitude opens the door to more relationships.

Not only does saying "thank you" constitute good manners, but showing appreciation can help you win new friends.

A study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship.

So whether you thank a stranger for holding the door or you send a quick thank you-note, acknowledging other peoples contributions can lead to new opportunities.

P.S. Sometimes just acknowledging another person with a few simple words or action is more than we often think of doing and that little “something” can mean a lot to another person.

9 Behaviors which will not only make your Brain Healthier, they are free and everyone can lean how to practice them:

#1. Research shows talking to strangers makes us happier.

The why is what’s so important.

Our brains are constantly stressed these days by too much to pay attention to.

We feel on edge because we don’t know where to focus.

That’s simply the alarm in your brain, your amygdala, overreacting.

Talking to strangers immediately gives you something to focus on.

You get a shot of adrenaline from the alarm because you want to make sure this person is safe, but you also

begin, sentence by sentence, to feel incredibly engaged.

Suddenly your fear of the new or unknown dissipates and your frontal lobes, which have to fire for your alarm to turn down, are in full gear.

You enjoy the novelty of a fresh conversation.

And in the future, this is a powerful kicker.

You will see strangers as a potential friend rather than a certain threat.

-by Jon Wortman author of “Hijacked by your Brain”

For the next 8 suggestions go to the first listed Weekly Reviews from Spring 2016 (#1 to the last listed in that session #8/9).