



Summer
2010

Yoga Wherever You Are

Formerly *Yoga Bytes*

A free column by Jinjer Stanton ©2010

The Humanity

by Jinjer Stanton

There are days when the head feels like a bag full of soggy paper. We're not necessarily sick. Maybe we're short of sleep. Maybe we're sensitive to the atmospheric pressure or a high pressure system is causing the side effect of stagnate or polluted air. The cause doesn't matter. What matters is we're having trouble remembering what we're doing. We forget how words are spelled. We promised to do something simple and it takes forever — if we remember to do it at all. And if we are on deadline, it's dead cert that the computer will crash or the copier break down simply because we can't handle it mentally, emotionally or spiritually.

If you have never experienced a day like this, I'm happy for you. If you have, I feel for you. It's part of being human for most of us. Some muscle through it (because they're made that way) and some of us struggle through it because we must (the kids have to eat, the customer needs it yesterday, the electricity will be turned off tomorrow if the payment doesn't get there today).

Days like this are the reason we should not have a caffeine habit. When we don't use caffeine regularly, we can use it when we're feeling a bit groggy and really take advantage of the caffeine boost. But if you haven't yet given caffeine up, there is still yoga — and gentle yoga at that!

To baby yourself, get out a nice big towel, a clean blanket or rug, and place it so the narrow edge is right at the base of an empty stretch of wall (or a door you know won't open until you're done). Spread the rest of the towel (blanket, rug) out smoothly on the floor. Sit down on the towel (blanket, rug) with the side of your hip touching the wall. Lie down on your side. Roll over onto your

back as you lift your legs straight up into the air. If there's space between your shapely behind and the wall, scootch up close until your hips are touching the wall. *If scootching is not possible don't worry about it. If getting down on the floor is problematic, take the pillows off the head of the bed (or shove the bed up against a wall) and do this exercise there. If the 90 degree angle at your hips is more stressful than relaxing, scootch back away from the wall until you are comfortable.*

If there is no naked wall to put your legs up, sit sidewise in front of a chair (or the couch) and swivel around so your calves can rest in the seat.

Rest. Don't worry. Relax. After a few minutes you will feel livelier and even feel like *doing* something. If you're at work, you may not be able to put something down to lie on, but it is still worthwhile to do this pose. The few moments it takes to do are more than made up in your increased productivity! I speak from experience.

Legs up the wall pose is particularly good for people who spend a lot of time on their feet or those who have varicose veins or swelling in the feet and ankles — even if your head is clear and your brain is sharp as a tack. It considered a restorative pose and feels great at the end of a long day.

When you're ready to get on with your day, bend your knees and pull them up toward your chest and roll over on your side.

The spirit in me salutes the spirit in you. We're all in bodies together.



Now Available!

When so few of us have space at home to do yoga, why not do yoga in the space we already have? In the kitchen, in the bedroom, even in the bathroom!

Yoga for Every Room in Your House brings yoga home in a very practical way.

For those taking yoga classes this creative approach allows them to establish a practice at home.

For those without access to classes this book provides the means to get started with yoga and begin to experience its amazing benefits.

Many of these exercises are accessible for people with physical disabilities. Some of these exercises bring attention to areas of the body such as the face and hands which are often overlooked in exercise regimens.

You can buy it today at www.jinjerstanton.com/Book.

Testimonials:

I loved *Yoga for Every Room in Your House!* It truly meets readers where we are and makes it clear that yoga is not just for every room but for everyone. It's refreshing to see yoga done by real people instead of perfect, pretzel-like yoga bodies. It gives me motivation to jump in as opposed to showing me how far I have to go!

Lynn Woodland

Yoga for Every Room ... very helpful aid for doing my yoga at home... It is concise and enlightening. I especially enjoyed the last chapter (and the pictures of course).

Roseann M



Yoga
for every room
in your house

Jinjer Stanton



Class Schedule

Yoga at Nokomis Yoga!

2722 E 50th St., Minneapolis, MN

Yoga Instead of Coffee Break

Thursday afternoons at 2 PM

45 Minutes of stress relieving bliss!

\$60 for six weeks or \$12/drop-in

Yoga at Holy Trinity

2730 E 31st St., 2nd Floor, Minneapolis, MN

Monday Evenings @ 7PM. Cost: \$15/class. Special rates for monthly registration.

Lake Hiawatha Rec Center

44th Street & 27th Avenue, Minneapolis, MN

Saturday Mornings @ 10:45 AM.

Cost: call Lake Hiawatha Rec Center (612/370-4930).



Yoga Wherever You Are is intended to bring yoga into your consciousness regularly by suggesting a little yoga you can work on right now. For more information and Jinjer's Blog go to www.jinjerstanton.com.