

STRETCH

IT OUT

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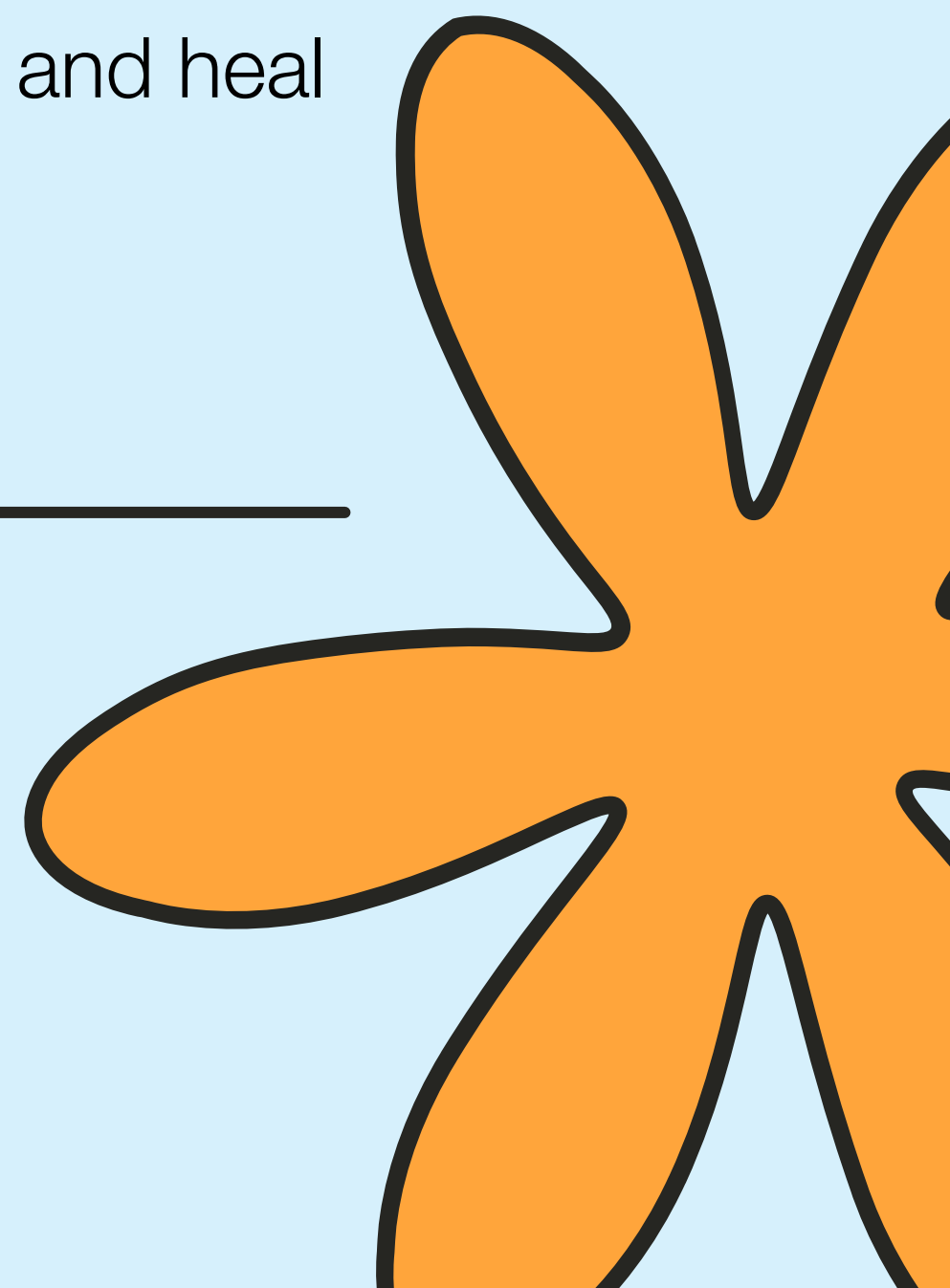
Sometimes being away from home and meeting new people can feel a little overwhelming...

We want you to know that you're in a safe space where we can talk through our feelings together. Physical activity can help us feel lighter and happier throughout the day.

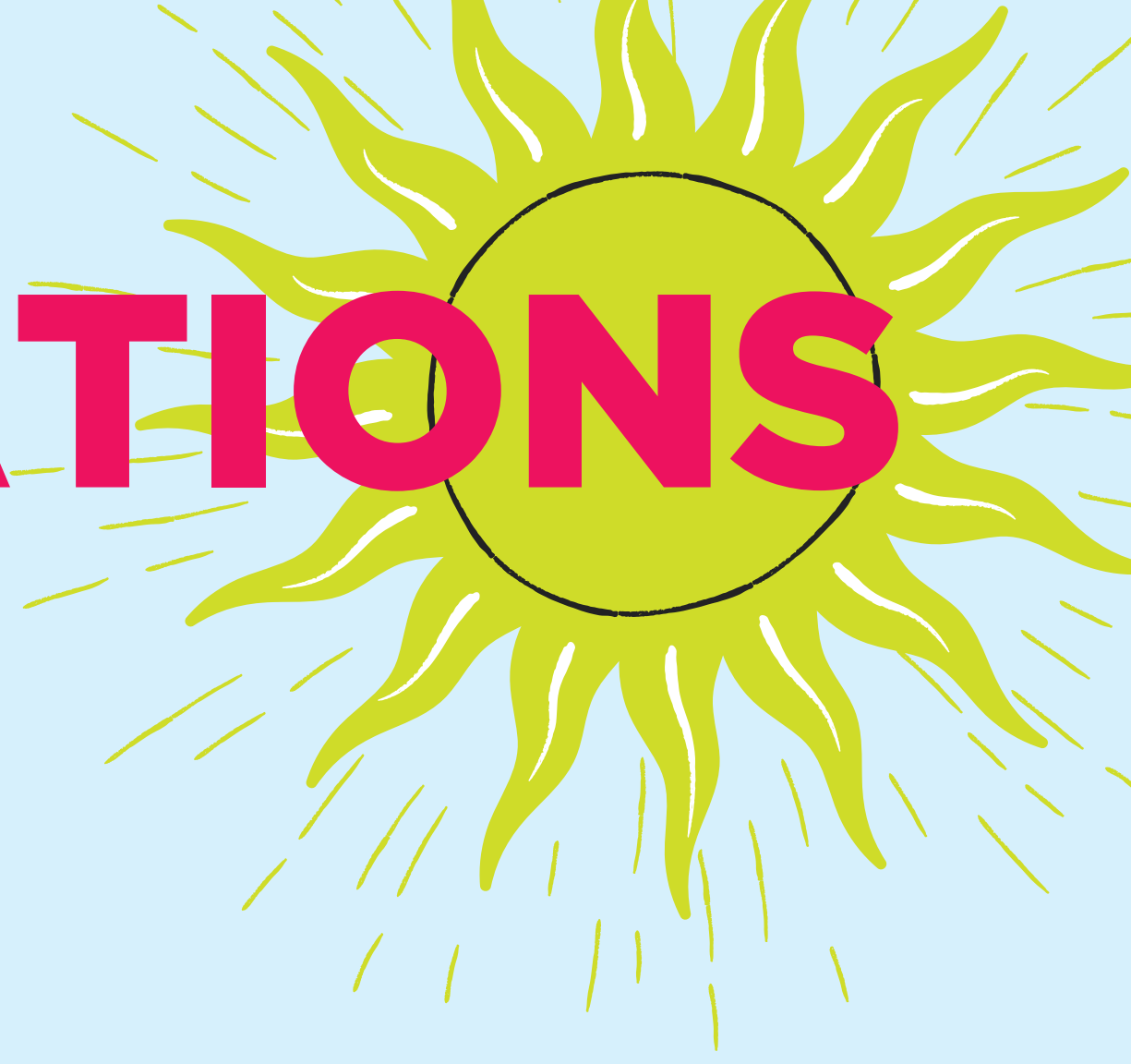
Activities like yoga can help you come back to your body and into the present moment. When we are in our bodies we are better able to move through feelings and heal

HOW TO DO A SUN SALUTATION FOR BEGINNERS

<https://www.youtube.com/watch?v=a9NBsR7z2Ak&t=7s>



SUN SALUTATIONS



BEGIN WITH BREATHING

Any kind of activity relies on our breath, and it is most important that we focus on our breath throughout the activity.

BOX BREATHING

STEP 1

Inhale through the nose to a count of four, lungs should be completely full of air.

STEP 2

Hold the air in your lungs for a count of four.

STEP 3

Exhale through the mouth to a count of four, all of the air should be out of the lungs.

STEP 4

Hold the lungs in an empty state for a count of four.

STEP 5

Repeat steps one through four for a total of at least 5 minutes. If ready, you can increase to a count of 8.



THE PHYSICAL POSES

Remember: Keep breathing throughout the excersies. These poses serve a dual purpose. You are streching out muscles which will help to ease tension. Also, with practice, you will be able to focus your attention on your breath, uniting your mind and body. This leads to a feeling of health and wholeness.

Begin and End
Stand tall, feet together on ground, hands together at chest.

10. Inhale
Raise torso, extend arms over head, arch back.

9. Exhale
Come up halfway to flat back.

8. Inhale
Feet forward between hands. Slightly bend legs. Fold in.

7. Exhale
Lift tailbone, push back. Keep your back straight, knees slightly bent.

6. Inhale
Straighten legs, hips forward, bend slightly at waist. Lift chest.

5. Exhale cont.
Lower knees, chin, and chest to floor. Hips high and elbows in.

4. Exhale
Both feet back in plank, back straight with shoulders over wrists.

3. Inhale
Come up halfway to flat back.

2. Exhale
Chest forward and knees slightly bent. Fold in.

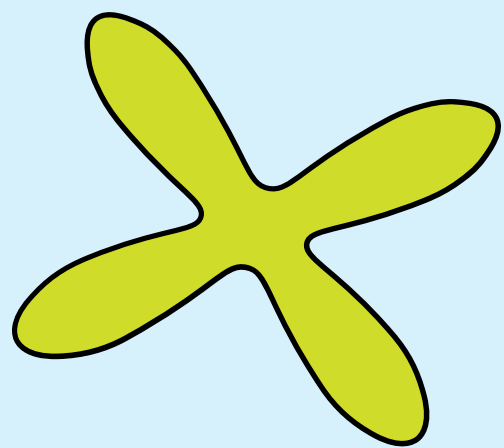
1. Inhale
Lift arms over head, lean hips forward, arch back.

SUN SALUTATION
While practicing the poses, meditate on expressing gratitude for the sun, which makes all life on earth possible.

#DeStressMonday

DE STRESS MONDAY





In part 3 chapter 51 of his book Guide For the Perplexed Maimonides uses a parable to describe how we (מורה נבוכים) should aim to connect with G-d. The parable is about an ultra powerful king living in the most beautiful palace there ever was. Many people from all over the world wanted a chance to see this palace and possibly meet this king. Maimonides lists in a bunch of ways how people are getting close to the palace or have their backs turned to it, meaning that they connect to Hashem in ways **וכשתבין** that are superficial or outright wrong. Then he says **הענינים הטבעיים כבר נכנסת בפרוזדור הבית וכשתשלים הטבעיות ותבין האלוקיות כבר נכנסת עם המלך 'אל החצר הפנימית' ואתה עמו בבית אחד** which means when you've mastered physics, you're in the Hall and when you've mastered natural philosophy and therefore metaphysics, you are in the same room as the king. In this situation Hashem is the king and we humans must try our hardest to understand the inner workings of the universe. Hashem communicates with us through intellect yet we have to connect with him using that intellect to rise above our physical needs. Connecting on a level that's beyond physical (meditation) allows us to reach the palace and sit with the king

