



Finishing Well Yoga

Yoga at home and in the workplace

Dear Friend,

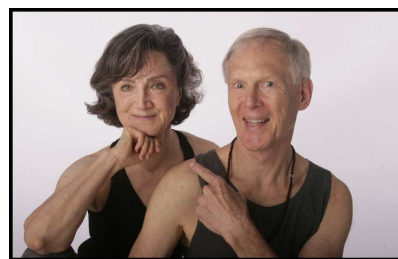
Life can be such a hoot when you follow where it leads you!

Where did it lead me? I now fast every Tuesday, drinking only water. Hard to believe? It was actually very easy and now it not only gives me extra time on Tuesdays but I find it beneficial for my body. I'll admit I was concerned at first that I wasn't taking in sustenance but now, I don't miss planning, preparing, and eating those meals and I don't seem to feel much hunger. Also, my sleep patterns on Monday nights seem to have changed! Usually, I wake during the night and have trouble falling back to sleep, but the past several Monday nights, I've slept soundly, all the way through. I'm not sure yet if there is a correlation but I'm grateful for the change.

How did I get here? It began in 2007 when I met Devarshi (Steven Hartman), a co-director at the [Kripalu Yoga and Health Center](#) in Lenox, Massachusetts during a 28 day retreat I attended as part of becoming a certified yoga instructor. Though I didn't have much contact with him early on, I now have engaged him as my coach, mentor, and a man whose direction I choose to follow. He is a man with an open heart, knows how to inspire others to carry themselves with compassion, have respect for other life as they wish to be respected, and to search for one's own happiness through inquiry.

About a month ago, I read in one of his writings that he was advised by his doctor that fasting might help with his high cholesterol level. Devarshi has now been fasting one day a week for about six months and speaks of its benefits. You can read about it here: [Devarshi on Facebook - Fasting](#)

I was intrigued and decided to research the topic. I also shared the research with my wife, Sandy. She didn't skip a beat and started fasting on Wednesdays right away. Me? I was a bit more skeptical but finally decided to start on the following Tuesday. Now, we both find it amazing how easily we gravitated toward this.



Is fasting right for you? I would encourage you to do the research and decide for yourself. Three articles I found interesting are listed below. If you decide to fast, I recommend you consult your doctor.

In my research, I've read that fasting has been known to:

- Reduce cholesterol
- Reduce weight
- Rest the digestive system
- Allow for cleansing and detoxification of the body
- Create a break in eating patterns, while shining a spotlight on them
- Promote greater mental clarity
- Cleanse and heal "stuck" emotional patterns
- Lead to a feeling of physical lightness, increasing energy level
- Promote an inner stillness, enhancing spiritual connection

I hope these articles will be helpful to you:

- Science of Cleansing and Fasting
- Fasting and Lower Cholesterol
- History of Fasting

Maybe my sharing my journey with you might lead you to your own new adventure!

Namaste,

Ron Collins

My 2016 Classes

Yoga for All Ages

"Moderate Yoga"

6:00pm - 7:00pm
Building core strength and expanding yogic poses.

"Gentle Yoga"

7:15pm - 8:15pm
For new students, building leg strength and balance.

Thursdays in the Cafeteria
Current session 3/17 - 4/28
Saugatuck High School

\$45 for 6 week session
\$10 a night for walk-ins

Click [here](#) for more information.

Click [here](#) to register or call 269-857-1444.



Kripalu Yoga in the Schools (KYIS)

10:34am - 11:47am
Wednesdays & Fridays
3/16 - 5/13

Grades 10, 11, & 12
with co-teacher Ms. Austin
Saugatuck High School

Kripalu Yoga for Teachers

3:30pm - 4:30pm
Wednesdays in the Library
3/9 - 6/8
Saugatuck High School

Definitions Corner



Pranayama

Two Sanskrit words:
"prana" - fundamental life force
"yama" - to control

Saugatuck High School Student Yoga Club

4/12 - 6/5

3pm - 4pm
Tuesdays in the Library

5pm - 6pm
Sundays in the Pit



Private Sessions

Call 616-340-7338 for private sessions.

Click [here](#) to visit my website for more information.

Self-Care Article

Dasha Chalana (8 Churnings)

There is a group of preparatory practices in the hatha yoga texts known as the Dasha Chalana or "eight churnings." These foundational practices, integrated at the beginning of a session, or at the beginning of the day, free the flow of life force in the joints, reduce

tension in the internal organs, and cultivate a mind-set conducive to ones yoga practice.

Specific benefits of incorporating Dasha Chalana into your day include:

- Improved circulation of synovial fluid between the joints. Synovial fluid reduces friction during movement. Proper flow can ease joint pain from repetitive actions and reduce stress on those areas.
- Removal of excess fascia in the body. Fascia, or FUZZ, is connective tissue that helps us move. It grows while we sleep and a lack of proper movement will cause it to become thick, strong, and hard to break apart. A reduced range of motion and impaired skeletal integrity can result.

The following series of “warm up” movements should only take 3 minutes, will bring vitality to your day, and will allow you to Finish Well.

Standing Joint Series (8 Churnings)

- Ankle rotations (8 in each direction)
- Knee/ankle circles (8 in each direction) - Feet together, knees bent, hands to thighs
- Hip circles (8 in each direction) - Legs straight, spine loose
- Shoulder rolls (8 in each direction)
- Spinal twist (8 in each direction) - Legs stationary, front hand taps opposite shoulder lightly, head and neck follow twist
- Spinal wave (8 waves up the spine from tailbone through neck) - Knees slightly bent, arms relaxing at sides, just working the spine
- Neck circles (8 in each direction) - Slow and gentle!
- Wrist circles (8 in each direction) - May reduce impact of carpal tunnel syndrome if performed on a regular basis

Live.Life.Healthy

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