



Finishing Well Yoga

Yoga at home and in the workplace

Dear Friend,

Thank you to everyone who sent 'out of the closet' yoga pictures. You'll find several featured below. Let's all continue to be creative and bring yoga into our homes, work place, parks, schools, airports, cross training with other athletes, and anywhere self-care is needed.

Registration for my fall classes is now available! The new classes are listed in the middle of this newsletter.

Now, I'd like to share an amazing exercise that I learned at an Avatar (Mind Training) Conference in Orlando last month. This exercise is about building compassion for ourselves and others. The more empathy and connection we feel, the easier it is to build friendships and extend love to not only ourselves, but also our fellow human beings. As we advance with this technique, it may even help us offer compassion to our adversaries. The result of this delightful exercise is a personal sense of peace. I invite you to try it.

(Taken from the Avatar Program and "Resurfacing: Techniques for Exploring Consciousness" by Harry Palmer)

Compassion Exercise

This exercise can be done anywhere that people congregate (airports, malls, parks, beaches, etc.). It should be done on strangers, unobtrusively, from some distance. Try to do all five steps on the same person.

With attention on the person, say these words to yourself:

- Step 1 - "Just like me, this person is seeking some happiness in his/her life."
- Step 2 - "Just like me, this person is trying to avoid suffering in his/her life."
- Step 3 - "Just like me, this person has known sadness, loneliness, and despair."
- Step 4 - "Just like me, this person is seeking to fulfill his/her needs."
- Step 5 - "Just like me, this person is learning about life."

This exercise can be extended to other life forms such as pets and animals. It also is very effective when done on old enemies and antagonists still present in your memories.

<Note from my editor, Beth: *I just love this exercise! And I add throwing a big red heart to the person as closure, an idea I got from "The Camino" by Shirley MacLaine.*>

Namaste,



My 2016 Fall Classes

Yoga for All Ages

Thursday nights
Saugatuck High School
Library.

"Gentle Yoga"

6:00pm - 7:00pm
For new students, building
leg strength and balance.

"Moderate Yoga"

7:15pm - 8:15pm
Building core strength and
expanding yogic poses.

9/8 - 10/27

\$56 for 8 week session
\$10 a night for walk-ins

To register, click [here](#)
or call 269-857-1444.



Yoga for Teachers

Wednesdays, 3:30pm
Saugatuck High School
Library

9/7 - 10/26

\$56 for 8 week session
\$10 a night for walk-ins

Definitions Corner



Sthira Sukham Asanam
from Patanjali's Yoga Sutras
Book II, Sutra 46

May your posture be steady
and comfortable.

Private Sessions

Call 616-340-7338
for private sessions.

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

Out of the Closet Yoga

Pictured below: Sherry Austin, Joette Gulbis, Liz Wilson, Wendy Delhaye, Tim Travis, Margaret Travis, Jana Kilgore, Sandy Collins, Ron Collins, Dawn Serazin, Carol Springer, and Jim Springer.



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