

January 2017



# *Finishing Well* Yoga

Yoga at home and in the workplace

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Dear Friend,

As I sit in my warm, cozy room looking outside at the 14° weather, I am thankful for the practice of yoga in which we can move and stretch our bodies to suppleness, out of the bitter cold. It's amazing how yoga has grown and expanded in the last 30 or 40 years.

Did you know that the number of yoga practitioners has doubled in the past four years? In 2016, there were approximately 36,000,000 yoga students in the United States. And Yoga Alliance predicts that over 34% of Americans will engage in yoga in the coming 12 months. All of this in a practice that has lasted for more than 2500 years.

Yoga is now being taught in the schools, to soldiers with PTSD, in prisons, to medical staff in hospitals, and in the workplace, to name a few. This wonderful ancient practice has the capability of helping any of us move to rest and relaxation with a sense of calm throughout our whole body.

There will be an article coming out soon in the local paper about yoga being taught in the schools to help the students reduce stress before tests and learn to relax at any point during the day. I hope you might look for this article and remember that yoga is not just for students but for anyone.

During these cold winter months, I encourage us all to engage in the depth of a yoga practice to help us stay active as well as offer us a quiet and serene life. To achieve a more relaxed state, I offer the **Magic Breath Tool Kit** that gives concrete ways to reduce stress and maintain a calm centeredness.

Namaste,

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[My 2017 Classes](#)

Yoga for Teachers

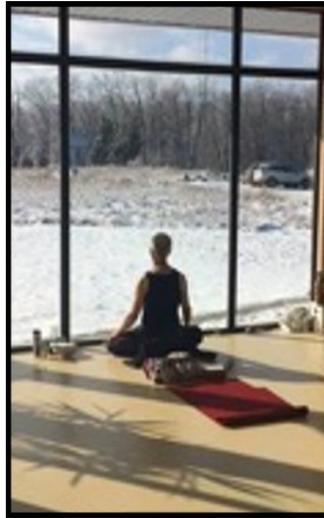
3:30pm - 4:30pm  
Saugatuck High School

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Yoga for Students

Wednesday - Friday  
Saugatuck High School

December - February 2017  
and  
March - May 2017



Definitions Corner



Present Moment

The only place where there is no time. It is the point between past and future. It is always there and the only point we can access in time. Everything that happens, happens in the present moment, the NOW.

Private Sessions

Call 616-340-7338 for private sessions.  
Click [here](#) to visit my website for more information.

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## Self-Care Article

### Beginners Mind

Mahatma Gandhi's "Be the change you want to see in the world" may seem a daunting task! But even a small change in how you perceive others makes a big difference: It changes how others receive you and changes how they perceive themselves.

On my website is an article on "[Beginners Mind](#)" that speaks to this issue. As human beings, it's natural to have developed ideas that color our view of humanity. It often helps us make sense of behavior we don't understand. In actuality, these ideas truly limit our ability to see truth. For instance, when you see someone that doesn't fit your sense of right, do you look away? Do you judge their choices? Or do you see them as a person, like you, with feelings, an underlying innocence, and the desire to make sense of their own world?

Shunryu Suzuki wrote (Zen Mind), "In the beginner's mind, there are many possibilities. In the expert's mind, there are very few." When we approach others with a beginner's mind, it helps reduce our preconceived thoughts and opens us up to the other person's viewpoint. Connecting with others is made possible!

The beginner's mind is a mind thinking in the "now," in the present moment. It doesn't ask you to believe in anything in particular. It simply says put aside the beliefs you already have for a little while and experience without expectations. Beginner's mind is recognizing that this wonderful, intellectual, thinking mind that we all have, may at certain times distort and block things from view. If we consciously set aside this effect on purpose and adopt an

"I don't know" as a strategy, then secrets are allowed to be known and treasures can be found.

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