



Finishing Well Yoga

Yoga at home and in the workplace

Dear Friend,

Offering the true depth of yoga....

While visiting Kripalu Yoga and Health Center a few weeks ago, I had a wonderful opportunity to train with Rob Striker, a yoga master who has been leading and practicing yoga for about 40 years. During the session, he spoke at length about the depth of yoga and its eight limbs as written by Patanjali's 2500 years ago. These eight limbs help us dive deeper, bringing our thoughts inward and encouraging us to integrate our mind, body and life force (prana).

Following is a brief look at the eight limbs of yoga. These limbs can be followed sequentially, though it isn't necessary. The first four limbs of Patanjali's yoga focus on developing our mastery over our physical bodies, minds, emotions, and breath, as well as expanding the energetic awareness of the self. This lays the foundation for the next three limbs which involve expanding the mind and senses, and all limbs move toward a higher state of consciousness in the 8th limb.

The Eight Limbs of Yoga

1. Yamas

The 5 yamas are standards of moral codes for one's life.

- Ahimsa (non-violence)
- Aparigraha (non-possessiveness, non-attachment)
- Asteya (non-stealing)
- Brahmacharya (moderation of activity, energy)
- Satya (truthfulness, honesty)

2. Niyamas

The 5 niyamas offer an internal development of body, mind, and spirit

- Ishvara pranidhana (surrender to life)
- Shaucha (purity or cleanliness, internally and externally)
- Santosha (contentment, acceptance)
- Svadhyaya (self-study/observation, looking inward)
- Tapas (devotion and commitment)

3. Asana

Asanas are the physical poses practiced in yoga. They were designed to keep the physical body flexible, supple, and able to sit for long periods of time during meditation and Pranayama.

4. Pranayama

Pranayama is the formal practice of techniques designed to work, develop, and gain mastery of one's breath, leading to the connection of body, mind, and spirit. Learning the techniques to control one's breath reduces anxiety, conflict, and stress, and creates space where the mind remains calm, positive, and enthusiastic.

5. Pratyahara

Pratyahara is the conscious withdrawal of our sensory engagement with the world.

6. Dharana

Dharana is a single item concentration (focus)

7. Dhyana

Dhyana is meditation and the focusing inward for an uninterrupted flow of attention on a subject or mantra for an extended amount of time.

8. Samadhi

Samadhi is a state of meditative consciousness resulting in union with the divine, transcending the self. (surrender; letting go)

The results of these progressions can lead one into a better understanding of the core self which hopefully will offer more contentment and letting go, thus allowing us to come into deep surrender.

To read a more in-depth version, please click [here](#) for the full document on my website Writings page under "Other Articles."

Namaste,



My 2016 Classes

Kripalu Yoga in the Schools (KYIS)

8:30 - 9:30am
Mondays

Designed to develop depth of concentration, balance, and physical strength.

Girls basketball and soccer students
Saugatuck High School



Definitions Corner



Yogic Grace

The allowing of feminine strength (both internal and external) to preside over your practice, fostering pose sustainability, flow of movement, and alignment with spirit.

Resuming in the Fall...

Kripalu Yoga for Teachers & Student Yoga Club

Saugatuck High School

Yoga for All Ages

"Moderate Yoga"
& "Gentle Yoga"

Private Sessions

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



Self-Care Article

Neti Pot for Clear and Healthy Nasal Passages

Nasal irrigation with a Neti Pot is a form of personal hygiene for the nose and sinus cavities which flushes out excess mucus and other foreign particles. The practice of nasal irrigation (nasal douche) has many benefits with only minor side effects and is well tolerated by most individuals.

It is an Ayurvedic practice (a system of preventive medicine and health care) and has been used in many civilizations for centuries all over the world. Using the Neti Pot advances good nasal and sinus health because it improves the action of the cilia, the microscopic hair-like structures that moves mucus and foreign articles, such as dust, debris, and pollen, out of the nose and sinuses.

The benefits of nasal irrigation are many, including being superior to blowing your nose and extremely helpful at reducing the severity and length of the cold or flu when done at the onset. During a cold or flu, it offers immediate congestion relief. Nasal irrigation can also bring relief from chronic sinusitis and seasonal allergies.

The side effects, though few, include a burning sensation if using too much salt or water that's too hot. Also, during the winter months when allergens are low, it might be too drying to use unless it's needed for congestion relief.

Nasal irrigation needs vary by individual. Some people will never need the Neti unless they have a cold, as they don't produce much mucous and don't have allergies. Others could use the Neti 1-2 times a day if there is acute mucous production and allergies.



A Neti Pot can be found at most large stores near the cold medications, or ordered online. Also available are premixed packets if you prefer not to mix it yourself.

Directions are given below but this video from Scott Blossom, yoga teacher, Ayurveda practitioner, and acupuncturist, is very helpful if you wish to learn more on the subject: [Neti Pot Video](#)

As always, if you have any concerns about starting nasal irrigation, have an active sinus infection or deviated septum, please talk with your doctor.

Nasal Irrigation with a Neti Pot

Supplies:

Neti Pot or paper cup
½ tsp. Sea or Himalayan Salt (table salt can have too many additives)
1 cup (8 oz.) of body temperature water (filtered/purified water is preferred)

Procedure:

Mix ½ teaspoon salt in 1 cup of warm water until dissolved.

Leaning over the sink, tilt your head to one side and, breathing through your mouth if that's comfortable (you may also hold your breath), pour ½ of the salt water (½ cup) into the

upper nostril. The water will drain out the lower nostril. Repeat on the other side.

When there is a lot of mucus, such as during a cold or flu, blowing your nose very gently into a tissue is helpful following the irrigation, either after each nostril or after you have finished both.

To remove any excess water, bend forward and with your head down, turn your head gently from side to side. A tissue or towel may be used to catch the drainage.

Breathe!

Live. Life. Healthy

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