



Finishing Well Yoga

Yoga at home and in the workplace

Dear Friend,

Over the past two years, I've been fortunate to be able to teach yoga at Saugatuck High School. One of these students, KiriLi Tiemeyer, though she has graduated and is now playing college basketball, wrote an enlightening paper for our yoga class. This paper helps us understand the dynamics between two main reactions our bodies encounter in life: "fight or flight" and "rest and relaxation." I hope you'll take a moment to read her paper listed here: [Flight-Fight versus Rest-Relaxation](#)

What I would like to draw out of this writing is that when we live in fight or flight for an extended period of time, it is unhealthy for us. It's amazing how simple breathing techniques (in yoga called pranayama) can help us move easily into rest and relaxation in a moment. You might benefit from reading the Magic Breath Toolkit again. It gives five different breath techniques designed to pull you away from "fight or flight" responses to stressful situations. Click [here](#) to view it or go to my website [Writings](#) page.

Add healthy eating (see below) and yoga to your day and you have access to a beautiful and bountiful way of living!

Namaste,

My 2016 Fall Classes

Hope you enjoy a few more 'Yoga Out of the Closet' pictures.
Feel free to send more...

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



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

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.



Definitions Corner



Nonjudgmental Awareness (Mindfulness)

Being fully aware in the moment without labeling or judging any part of the experience.

Private Sessions

Call 616-340-7338
for private sessions.

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



Self Care Article

Healthy Eating!

We all know the benefits of healthy food choices but you may wonder how to find great recipes that also taste wonderful. I want to share one of the most nutritional and tasty meals I've ever made and hope you'll now have a great start (or addition) to your healthy recipe file. This is a combination of mung dahl beans, basmati rice, and some of the finest spices we could put into our bodies. It is also very easy to digest and saves us energy for other tasks in our lives. Additional notes on the ingredients can be found after the recipe.

Kichari (Indian Beans and Rice dish)

Makes 2 servings

¼ cup organic basmati rice
1/8 cup yellow mung dahl
2 cups water
1 teaspoon ghee
¼ teaspoon each: coriander, cumin, turmeric, fennel, ginger
1 teaspoon chopped fresh cilantro leaves (optional)
½ teaspoon salt



1. Combine rice and mung dahl in a stainless steel vessel. Wash rice and dahl well by covering with water, swirling, and draining.
 2. Add water and bring to a boil. Reduce heat to a simmer and continue cooking for about 1 hour. Cook longer for a thicker consistency.
 3. When the above is almost complete, heat the ghee in a separate pan.
 4. Add the spices to the hot ghee and sauté briefly—about 30 seconds or until lightly
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- browned and aromatic.
5. Add the sautéed spice and ghee mixture to the cooked rice and dahl and remove from heat.
 6. Add salt and mix well.
 7. Garnish with fresh cilantro, if desired, and allow flavors to blend for 5-10 minutes before serving.
 8. Carrots, zucchini, or other cooked vegetables can be added, if desired.

Notes;

- For more servings, increase measurements proportionately.
- Kichari can be made in a pressure cooker or a rice cooker as well. It should be a moist consistency.
- For higher protein content, double the mung dahl.
- Mung dahl is orange in color and can be found in the bulk food section at Natures Market, a health food store on Washington Street in Holland.
- The organic basmati rice and ghee can be found at Natures Market also, though they're more common.
- The spices are really good to have in the kitchen anytime. Especially the ginger and turmeric for they are anti-inflammatory spices and help reduce joint inflammation on a continual basis.
- I leave the mixture quite wet and find that it gets soaked up overnight.
- This dish is a powerhouse of nutrition and flavor.

Eat well my dear friends and be healthy.

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