



# Finishing Well Yoga

Yoga at home and in the workplace

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## Dear Friend,

I am excited to bring you my new newsletter and hope it may help set you up to Finish Well, whether you are moving on from college, a decade of living, a job, or raising your children, or you wish to prepare your physical body for the next phase of your life. It is my desire to bring you ideas about self-care, growth, building energy and vitality in your body, and, above all, living a quality of life that is not measured by material objects and accomplishments but by depth of relationships, degree of care offered to the self and others, and optimal health.

The impetus of this newsletter has come from teaching high school students through the Kripalu Yoga in the Schools (KYIS) program. Through certification, I obtained a curriculum that can be used by all ages. It not only offers the physical benefits of yoga, it offers a toolbox filled with techniques for reducing stress, relieving anxiety, and increasing the ability to self-regulate your responses to life. These techniques, backed by scientific study conducted through Kripalu Yoga and Health Center in connection with the Harvard Medical Center, are offered in my classes as well as on my website and through a variety of self-care articles in my newsletters.

Through an integration of body, mind, and life force (prana), yoga can help you build a sustainable foundation so you are able to gracefully move through the transitions that will inevitably come with your evolving life.



Namaste,

*Ron Collins*

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## My 2016 Classes

### Yoga for All Ages

Thursday nights at the  
Saugatuck High School  
Cafeteria.

#### "Moderate Yoga"

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

### Kripalu Yoga in the Schools

(KYIS)

Grades 10, 11, & 12  
Saugatuck High School

3/16 - 5/13

Wednesdays & Fridays  
8:00am - 9:13am

### Private Sessions

Call 616-340-7338  
for private sessions.

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

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## "Gentle Yoga"

7:15pm - 8:15pm

For new students, building leg strength and balance.

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

Current session 1/7 - 2/25

Click [here](#) for more information.

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

Co-teacher: Ms. Austin

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**Kripalu Center for Yoga and Health**  
Stockbridge, MA



Click [here](#) for information.

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## Definitions Corner



### Namaste

The light that resides within me honors the light that resides within you.

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## Self-Care Article

### Staying Flexible

Finishing Well by stretching and melting your fascia.

I desire a full range of motion for each and every one of us. The nightly unchecked growth of fascia, however, can reduce our range of motion and inhibit the joys in life in so many ways.

Normal fascia is like a film of loose connective tissue that grows in the body each night during sleep.



Wikipedia describes it as “a band or sheet of connective tissue, primarily collagen, beneath the skin that attaches, stabilizes, encloses, and separates muscles and other internal organs.” It is filled with fibers that grow across each other, going in different directions, resulting in a webbing effect. Though necessary for movement, if left unchecked, it will become thick, strong, and hard to break apart, causing lack of mobility and reduced skeletal integrity.

Sometimes when we have an injury, arthritis, or other condition that creates pain with movement, we restrict or diminish our movements so that we do not endure further pain. When this happens it also allows the fascia to build up night after night, week after week. This then becomes strong in its own right and reduces our range of motion, often preventing us from bending over to tie our shoes, being able to open our arms far enough to easily put on a winter coat, and walking with a confident balance. This buildup of fascia can take away some of our full rich experiences in life.

Movement helps hydrate and lengthen normal fascia. If we move, reach, and stretch on a regular basis, we alter fascia tendencies to build up, shorten, and harden. If we don't, we

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will need to move through some minor pain to melt and break apart the excess fascia. Overall, we need to be willing to pay attention to the body and be guided to normal, healthy mobility.

Repair of the body as well as maintenance for flexibility and fluidity of motion can be done through:

- Massage therapy
- Physical therapy
- Chi Gong and Tai Chi
- Yoga
- Daily stretching exercises

Yoga is one way to work with the body's production of fascia. Yoga not only keeps the body supple and flowing but can bring fascia into line so it does not restrict ones movement. By engaging in a frequent sun salutation specifically designed to stretch the body in many different ways, you can break apart and melt the daily buildup of fascia in many different parts of the body. This sun salutation can be designed specifically for the individual and usually takes 5 to 10 minutes to perform 2 to 6 days a week. The end result is having the muscle surfaces slide over each other easily, allowing us to Finish Well.

Click [here](#) for a short, interesting video on the subject called The Fuzz Speech.

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