



# Finishing Well Yoga

Yoga at home and in the workplace

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**Dear Friend,**

Is it time to bring yoga out of the closet?

Yoga has endured for hundreds of centuries, long before Patanjali put the Yoga Sutras on parchment 2500 years ago. It used to be a practice that belonged only to gurus and very select students. Today, it has expanded to include anyone wishing to enjoy its many benefits. So, why do I think it's still in the closet? After all, it's practiced around the globe in yoga studios, at schools, in homes, and in many corporations. And that's my point.

I wonder if now is the time for yoga participants to no longer hide their yogic expression in limited places. Why not carry our yoga skills, mats, deep breathing, meditation, and supplies with us where ever we go and feel comfortable practicing this ancient skill at will?

Personally, I've enjoyed a "yoga snack" (a term coined in the 2015/16 [Kripalu Impact magazine](#)) where ever I am.

When it moves me to do so, I take a few moments to do several yoga moves that make me feel more aligned and centered.



Do onlookers feel uncomfortable? Sometimes. And this is why I'd like it to be more common place.

I'd like to share pictures of yoga being done everywhere in the world in the hopes that it will help others feel more comfortable bringing their practice public.

Where do you do yoga, breath work, or meditation?

### ***Taking yoga out of the closet project:***

I'd like to challenge you to go out and start finding new places where you get the feeling that it would be beneficial to your body, mind, and prana to engage in yoga. Go ahead. Try the park lawn, in your office, in between classes in school, on the beach, at a family

reunion, at the airport, or at the hospital waiting for the birth of a new child. Take pictures and send them to me! The photos I receive in the next 30 days might just show up in the next newsletter. (note: by sending me your picture, you approve my sharing it)

Plus, look through your photo albums and find pictures of unique places where you have captured yoga poses and send those to me also.

Let's all go out and do our part to have fun, engage in yoga anytime of the day when we need it, and bring yoga out of the closet.

Namaste,

*Ron Collins*

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### **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 volleyball students  
Saugatuck High School



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#### ***Resuming in the fall...***

**Kripalu Yoga for Teachers & Student Yoga Club**  
Saugatuck High School

*and*

**Yoga for All Ages**  
"Gentle Yoga"  
"Moderate Yoga"

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#### **Private Sessions**

Call 616-340-7338 for private sessions.

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

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#### **Definitions Corner**



##### **Vidya**

In Sanskrit, it is the true knowledge of self.

**Avidya** is the opposite: ignorance, misconceptions, misunderstandings, incorrect knowledge.

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#### **Sharing the Spotlight**

You may wonder how the content and creative flow of this newsletter comes about. I first create and offer a rough draft sketch and then someone else adds depth, clarity, checks facts, and offers a full understanding of my original intent.

Thank you, Beth Ramsson, for your wonderful contribution to this newsletter.

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### **Self-Care Article**

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## Stand in Your Own Power

Have you ever been at a gathering or spent time with a friend, and later, as you look back over the evening, you realize that others had an impact on your actions, what you said, and even what you expressed visually. Maybe you held back because you wanted to be perceived in a certain way or because you felt uncomfortable being who you really are and did not want to risk judgement. Did you find you were giving away your self-expression? Sometimes it happens and we do not even realize we are yielding to others. We are giving our power away.

Mahatma Gandhi said, "Happiness is when what you think, what you say, and what you do are in harmony." This quote illustrates a wonderfully homogenous way to live. It means we do not have to be two different people: One person that matches our true inner self and the other person that we present to our friends, business associates, and others close to us in an effort to make them think of us in a different light.

Why would we project the self in a light that is different than who we really are?

- We want to control or influence the outcome.
  - We may have been raised in an environment that taught us to shade the truth for our own needs or safety. We may also have learned to slant our story in order to have favored results. Often we do not even realize we are presenting our self this way.
- We are not willing to stand alone with ourselves if the other person turns away.
  - We might be fearful of judgment, which can cause us to feel alone and isolated. We may not have the confidence that we can survive the other persons need to not be involved with who we really are.

Ultimately, it is our choice whether or not to stand in our own power, but how do you do that?

- Be mindful of your behavior and watch for moments when you 'feel' untrue.
  - Sometimes, if you anticipate difficult interactions, it might be helpful to write down your own truths ahead of time so you can mentally refer back to them.
- Learn to recognize when others are giving their power away.
  - It can be difficult to stand in your own power at these times and not react to their giving away their power. Observe, allow, yet continue to be true to yourself.
- Look inside and find your unique life force, your prana, your very essence, and with courage share it with others.
  - By sharing who you really are, you allow others to present who they really are. How they respond is their choice, but the space is now available to them to respond with their own truth.
- Know that your self-expression is just as valuable as the other person's.
  - Be courageous rather than defensive in your self-expression.

**When we stand in our own power, we become more whole and at one with the Self.**

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