



Explore Integrated MFR/Yin Yoga and learn to *Go with the Flow*. Feel the benefits of MFR, Yin, Inquiry & Partner Yoga. Learn to let go and flow into your body, relax, yet focus your mind while you tap into your body's own healing power.

Easy is Right

Poem by Chuang Tzu from the Tao; State and the Art by Osho

Easy is right. Begin right and you are easy.

Continue easy, and you are right.

The right way to go easy is to forget the right way and forget that the going is easy.

So what is MFR Integrated Yoga? It's a practice and service that integrates Yin Yoga, Pranassage and Inquiry techniques with the application of self or partner applied MFR to tap into your body's own innate healing ability. Yin Yoga was brought to the forefront as a yoga practice by Paul Grilley and expanded by teachers like Biff Mithoefer (my teacher), Cheri Clampett and Sarah Powers. Originating in martial arts and Taoist philosophy, Yin Yoga embraces the cool or more feminine side of yoga, punctuating the importance of balance, acceptance and the natural flow of the body's deepest tissue allowing them to unwind, release injury and emotions while creating space and ease within the ligament and joints and fascial system. In the Taoist tradition balance only exists in the boundaries of Yin and Yang, exploring that takes time, focus and patience. Sadly, a thrust of the Western Yoga Model has been to embed our, busy, pushy nature into the world of yoga creating a forceful, competitive Yang practice. Many have lost sight of how a gentle approach can release physical and emotional traumas and *dis ease*. Yin and MFR promote understanding and acceptance of our body through a more gentle exploration of release using our breath, engagement of the fascial boundaries, gentle



rocking and a healthy dose of laughter, sighs and smiles. Of course it's every person's choice of yoga and lifestyle but I have found that Yin embraces a more natural exploration, honoring the body where it is at any age, any ability or disability and seeks to encourage equanimity, healing and enhanced awareness within and out. My personal views don't embrace yoga or healing through a competitive lens.

I was led to Yin through my search to expand and better understand *my* yoga. After my early years of Iyengar and alignment, I began to integrate a more forceful flow practice; this shadowed my life, my attitude, perhaps my gusto for excelling. Was this my age, the times? Add age to injuries, frustration and anger with work as a college professor and what I seemed cultivating was just that, a practice that was angry, forced. I needed a new perspective! I began to turn to Restorative techniques taught by Judith Hanson Lasater, Un-Yoga Teacher Training with Victor



and Angela and this began to change my life and my body. I continue to attend workshops with them whenever I am able and encourage others to seek them out, or hey join me in Greece, next summer with Victor and Angela! I also explored Doug Keller and Mukunda Stiles Structural and Therapeutic Practices and appreciated their insight and in-depth understanding of the body and mind in healing. As I faced one of life's challenges, I took a leave from work

and found myself embraced by love, joy and deep inquiry with the leadership of Don and Amba Stapleton of Nosara Yoga and Biff, with his up front and joyful approach to Yin. Yoga did, I believe keep me upright and walking after some serious and chronic injuries, but finding Don and Amba Stapleton and through Biff Mithoefer's Yin trainings I was able to solidified my practice and approach to life. Their styles and techniques complemented many of my prior teachers, especially Victor and Angela and the techniques of Inquiry and Pranassage changed my body's response to old issues. It also changed my attitude and outlook. So really, now I choose to go with the flow instead of fight the current, *or at least I do more often!* *Literally with the addition of seasonal SUP yoga, we do Go With the Flow and finding the gift of body work or private sessions out of doors in nature, enhances our ability to relax, breath the breath of Gaia, to exhale..... pause and let the inhale rise up.*

I have taken these skills and techniques (coupled with new training in John Barnes's myofascial release) to my clients, students and in my self-care practice. Flowing with your body, giving the tissues time to unwind, let go, and release its own healing ability, is to me, following the watercourse way, used metaphorically by Biff in his teachings.



Of course there will be a periodic floods or life's tumultuous waterfalls, but eventually the river finds its banks and continues its journey. I love this metaphor, as I was a raft guide and fairly skilled OC-1 white water boater many years ago and I know from past experience, you really can't fight the river, you have to flow with it, observe it, read it, be it, to enjoy the ride.

I encourage *everyone* to find a practice, keep a practice, and share a practice, but a kind and observant practice, one with joy, laughter and challenge. Make this practice your watercourse way. I wish you all the blessings of self-exploration, and the exciting, adventuresome and caring journey of life! Go With the Flow...Namaste' Rebecca



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