



## Good Will Report

Will Chen's Monthly Newsletter  
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### Inner Game to Outer Gain, Part 1

Since November 2006, I have been actively practising Ashtanga Yoga, which is a unique type of yoga that focuses on breath rhythm, which allows each person to practise at their own pace -- hence it is generally not a led practise.

On June 9 and 10, I attended a workshop led by John Scott, a certified Ashtanga teacher who studied directly under the world-renowned yogi, Shri Pattabhi Jois, at the Ashtanga Yoga Research Institute in India. While my practise in the last 6 months have primarily been focussed on the body, he brought into my practise what I would call the "inner game." In Ashtanga, each pose sequentially flows into the next. John brought this concept to the next level, where the flow is supported by breathing, which is, in turn, supported by the heart and the soul.

It reminded me of how the physical world is simply a perception. As John explained it, 60 people attended the workshop, and each one of us will take home something different, according to our own experience. The different experiences come from the location we each sit, our physical fitness level, to our past experiences and programming. Simply put, two people saw the same workshop and would have different experiences and opinions, much like how they would watching the same movie.

In the next issue, I will talk more about the inner game, which I believe is the basis from which all of our results are derived, not only yoga. When you change the rules in the inner game, the results in the physical world is quite drastic. It was very effective during my journey to create new, more desirable results in my life to help me achieve my dreams, and I plan to share my experience with you over the next few months.

If you are interested in finding more about Ashtanga yoga, I would suggest that you look for a book by John Scott titled [Ashtanga Yoga](#), which introduces the style of yoga, and contains pictures of poses from the opening and primary sequence.



### Grouse Grind SUPER TEAM!

After finding out about my commitment to fitness over the next few months, my friend, Jason Chong, has invited me to join him in creating a SUPERTeam for BC Lung Association to, for one, commit to a fitness goal, and, for two, do it for a good cause.

The plan is to commit to a goal, in terms of number of Grouse Grinds completed, for the months June, July and August. The Grouse Grind is a popular and challenging hiking trail that involves endless number of steps from the mid-station at Grouse Mountain Resort to the skiing area, which is a 10-minute ride in the gondola. I committed to going up twice a week, which translates to 25 Grinds. Jason, being ambitious, is aiming for 90 by the end of the period. We are planning to raise \$10,000 as a team and it is very exciting!

A big thank you for those who have donated money to [support me in this challenge](#), and a big thank you for those who choose to support me by coming up to Grouse at 6:30 or 7 in the morning with me! I will continue my commitment to go up Grouse Mountain twice a week, currently scheduled for Wednesdays and Sundays. I look forward to seeing you up there!



### June is Bike Month

June is bike month! I participated in Bike to Work Week (May 28 to June 2) to kick off the month and logged an impressive 103.98km over the week.

My commute to and from work is about 15km each way. However, in the beautiful Lower Mainland, we are absolutely blessed to have paved bike paths through the vibrant city and much of the greenspace, making it a very enjoyable hour on the bicycle.

So pull out your bike from the garage and enjoy the sunshine on the bicycle!



### Not a Diet -- A Healthy Lifestyle

In the last little while I learned very quickly that exercising is only a part of fitness. At first I exercised very hard, and noticed that my results were poor. Then I chatted with my buddy Stefan, who used to be a professional athlete, about my fitness program. He told me about a book by Dr. Gillian McKeith called [You Are What You Eat](#), and taught me something called "Food Combining." After reading the book I learned about many new, healthy foods that I can enjoy, what's good and bad for me, and now I am getting leaner and feel healthier all the time.

We can all agree that we are what we eat. Food is an essential part of our lives and we all enjoy a good meal. The challenge today is that we are surrounded by foods made of bad fats and refined sugar -- think hamburgers and sandwiches -- and people wonder why they feel low all the time! Refined sugar causes an immediate sugar high since it is processed very quickly and raises blood sugar level right away, then the body reacts by increasing insulin production, which then causes a crash of sugar low and makes you feel tired and, ironically, craving for more sugar! This is pretty well anything made of white sugar and processed flour such as white bread, donuts, pasta, white rice, etc.

The thing is, most of us understand refined sugar and bad fats are, well, bad for you, but we are so addicted to them and honestly just don't know any better. Fad diets, as a result, ends up promoting cutting out one of the bads only to replace it with another. It is actually very simple to eat healthy. For one, we need to have a balance of nutrients and food groups in our diet; cutting out one or the other may help you lose weight, but in the long run it deprives your body of what it needs. What works well is to find the good fats and the good carbs to eat, and you can eat lots of those without becoming unhealthy!

In the next issue: I will talk about the Essential Fatty Acids, the good carbs, and the diet of abundance!

