

March 1, 2010

Dear Ginger,

Wonderful, wonderful [blog](#)! I don't even have kids, and I find myself during the week NEVER being able to do the full finishing sequence (yoga). Actually, if I have any time at all, I'll do shoulder stand, to get blood to my thyroid and my brain, then I bolt to the shower. For a while I would leave the house upset that I didn't do my yoga 'correctly' because I didn't do the whole finishing sequence, and in proper order. It was becoming a guilty gnaw, and began feeling like the rest of the time on my mat must have been a waste, since the sequence was broken.

Then I released the absurdity of it all. I was feeling guilty, as I would imagine one of many of the Ashtanga teachers that have berated me, and anyone else, in Mysore for innocently forgetting a posture, and not being allowed to go back and do it. That's a big NO NO! (They could never tell me why.) Guilty for not doing the exact amount of breaths per posture, in the exact sequence as outlined, even if my body didn't fit into it. That's not yoga anymore. That's just plain control of someone else's experience. So, I cherish every moment on my mat, no matter the sequence, or the time per posture, or missing postures all together. More women need to hear about your blog – and your approach.

EVERYTHING is male dominated. Do you use the HCSPCS coding book? Did you get the new 2010 version? I was looking through it today, and in the very front where it's describing the way to code a diagnosis, and how to bill for treating it, the one example used is for, yep you guessed it, a prostate exam!!! But of course!!! Male genitalia is of utmost importance, and an obvious choice to point out the correct billing sequence. This, despite the fact that women are blamed for overburdening the medical system. But we must be sure to correctly bill for prostate exams.  
<http://www.nytimes.com/2008/10/30/us/30insure.html>

Again - great blog!

Warmest regards,  
Dr. Satkirin Khalsa

Satkirin Khalsa, MD  
[www.integratedhealthmed.com](http://www.integratedhealthmed.com)