

Rebellious Wellness^{over 50}

This Unique Yoga Practice is a Joint Renewal System



Episode 76: This Unique Yoga Practice is a Joint Renewal System with Kathy White

Gregory Anne: Hey, welcome back everybody today my guest, Kathy White, is going to talk to us about yoga, not just your average everyday yoga though, her own version of yoga for people over 50 to help restore, rejuvenate and put back together those achy stiff joints we have all throughout our body.

She has her own yoga style and lots of great testimonials for people just like us. So without further ado, Kathy White, welcome.

Thank you. Thank you for having me on your show. Yeah. Rebellious Wellness. I'm up for that.

I swear I don't know how people could not be these days. We have, we're up against a lot as aging women, right?

Kathy White: Yes. Exactly.

Gregory Anne: So you're gonna help us understand how to oxygenate our joints, how to increase mobility, flexibility, not just so that we can take on a new practice or a new exercise routine, but so that we can enjoy our lives.

Right? Think about how much pain limits us. Mm. Right? You must see it all the time in the women that you work. And I know for myself, luckily right now nothing's going on, but there, when there is something going on, you just want it gone. Right. But what would you say about pushing through the pain?

I'm not so much about pushing through pain anymore.

Kathy White: No, I'm not pushing through pain either at all. You gotta be kind. Gotta take care. And that said, What I do notice with my students is that I have to really encourage them to be willing to face the sensations that are there.

Like we go into a pose and they're very simple poses. It's like the practice that I teach it has for those people who are in the yoga field, maybe they, they want to hear some names. It's Kaiut Yoga which comes from Brazil. It's Scaravelli Yoga, which comes from Italy.

Both of them have a kind of Iyengar flavor to them. And then through my own hatha yoga training and those trainings I've done in those traditions. So what I've come up with is this idea that, a lot of us, by the time we reach our fifties and beyond have compensatory patterns to avoid pain.

So maybe we broke our ankle as a kid, or maybe we had a car accident and damaged a vertebrae in the neck, or all these little injuries that can build up over time. Part of our recovery process from those injuries is that we compensate, but

unfortunately, unless we're really aware, those compensatory patterns can become our new normal.

Mm. So we're not really aware that we're actually favoring our left knee because our right hip is sore. Mm. We're not aware that we've got a kind of strange gait in our right ankle because something that happened in our left hip, and we never really know the source of these things because you go to a doctor or physio and you go, My knee hurts.

And so what are they gonna treat? Your knee, yeah. So what I like to say in the practice I teach and the joint renewal is we treat every joint, we get you into your joints into your body, and who knows what that knee is gonna say to the hip, you know, it's like knee bone connected to the thigh bone. It's all connected and as you move one piece, the others all realign.

And it's a slow process. We're not doing massive manipulations. We're not cracking bones back into shape now by any stretch of the imagination. We're just simply going in, investigating. So that whole idea of pain is be willing to face the discomfort because that's probably what you were avoiding that created the compensatory pattern that put you in the position that you're in today.

If that makes sense.

Gregory Anne: Oh, absolutely. And I've heard some of the instructors that I take, the yoga classes that I take, they say, meet the pain and acknowledge the pain and decide how much the next level of pain feels right for your body in that moment.

Kathy White: Yeah. Yeah. What I tend to do is not use the word pain.

Gregory Anne: Oh, okay.

Kathy White: In my classes. So I will say there may be some intensity here, there may be some strong sensations because we are so programmed to be anti-pain in our society. We all pop pills like crazy to try and avoid it, you know, myself included, I'm not like some saint here that endures but because of that, the word pain has very negative connotations.

So I tend not to actually refer to anything as pain. What I say to people is, work at your optimum level. Mm. it's another way of putting that is your Goldilock zone.

So not too hot, not too cold, just right. No, not too big, Not too small. Just right. The things that Goldilocks chose in the Bears House, when she gate crashed those things that you don't wanna push too far, you don't wanna hold back. You do want some sensation. You do want to find those restrictions. That's what I also say to my students is we're actually actively seeking the restrictions in the body. Because people come to my classes and because we do such detailed work, like we might just do hand work for 10, 15 minutes, only the joints in the hand.

Or we might just do ankle work for 15 minutes only the ankle joints and they're like, I had no idea my ankles were so stiff. And that's what we discover when we spend the time and are willing to experience the discomfort. As I say, not necessarily the pain, but the discomfort.

Gregory Anne: I think that's a great distinction.

And I have heard the word sensation used instead of the word pain. Yeah. Cause pain brings up immediately a negative feeling, maybe even stress hormones. And we've labeled pain bad and wrong when in fact it's just a thing, right? It's an indicator that something needs adjusting in the body or relief from so I think it's great to take away that, that extra bit of stress by using a different way of describing what you're feeling in the body..

Kathy White: Exactly. And you know, to understand pain in terms of modern pain science talks about the bio psychosocial model of pain and some people add another layer of spiritual and some pain might be psychological. And it's been anchored into the body.

Some pain might be spiritual a kind of spiritual belonging or crisis going on in somebody's psyche and, and somehow it gets anchored in the body. So it's not necessary that, that there is just a physiological something wrong when there is pain. So it's also being open enough or curious enough about the sensation.

I wonder, I wonder where this comes from. I wonder what this is. Can I find out more? Can I be with it? Can I breathe into it? .

Gregory Anne: So yoga is to some people, just another activity like Pilates or going to the gym. And some people don't even try yoga because they feel like they're not fit enough. They're not young enough, they're not flexible.

They can't do a back bend. None of those things need to be the case. I mean, there's no age limit, size limit or anything for doing yoga, but I do know that many people assume that they're only gonna be able to do chair yoga or the most beginner yoga, and they do like to work out, but they're trying to take some different, maybe a less, although feeling the sensations and working through them, a less strenuous or less rigorous form of exercise.

Yoga and especially your kind of yoga can be an exercise to replace something else if they feel like they wanna switch or they're not getting results, or they're in pain, right? They wanna be out of pain, but they still wanna do some exercise. Would that be fair to say that?

Kathy White: Yeah, that's exactly what I would say.

And you know, I say sometimes, this is yoga for people who hate yoga, because I've had people come and just say, Is that yoga that we just did? Because what we are basically doing in the practice is, Breaking the postures, those very complicated postures that you see on the Instagram feeds and you know, all over yoga books and everything is we're breaking those down to the component pieces because most people, especially as we age don't have the agility, strength, or level of suppleness in their joints to be able to achieve.

So, no point in even trying those postures and to go down and even when I have yogis in who come to my classes, even experienced people. And I sit them into a verasana which is a kneeling position. I have sort of a unique way of angling the ankles and the feet. And they'll sit down and they'll go, Wow, you know, my ankles are so stiff.

And they hadn't, they've been doing all these crazy poses, doing all this other stuff, and they hadn't actually realized that foundationally one of their, the planter girdle, one of the main girdles, There's the hip girdle, shoulder girdle, and then the plantar girdle was really restricted. So to to say, you know, it's beginner yoga also is not quite right because everyone's beginning in that sense of beginner's mind to

Actually just be with where is your body today? And it changes day by day. It changes based on how you slept last night, what you ate yesterday, what news you got today from your family or work. Anything can affect and be felt in the body. So your practice changes all the time. I wish I could erase that I have to be flexible to do yoga from people's minds. Just delete, delete, delete. You do not need to be

flexible to do yoga. You meet your body where you are, and that's what yoga is. It's about connecting to yourself, to your body, to your mind, to your spirit.

Gregory Anne: Hmm. . And it does even practicing at home, which I don't find as much fun. I like being in a class, but I haven't been to a class since Covid because my places closed. But the best practice for me is the day that I can leave everything outside. And I don't know what it is about being in a room with other people that would think that that would be distracting.

But now I've got a space in this room actually off to the side, I find that I do have to commit to letting things go and being with my body.

I find that I can really just let things go if I commit to being in the practice. Rather than I just show up, I turn the thing on, gotta get it off my calendar, I promise myself 30 minutes. You know, but I think that's, that's true of so many things. All of that to say, I find yoga can be very restorative to my psyche because I'm out of my psyche, I'm out of myself if I really get into the practice.

Kathy White: Yeah, I mean at its best your practice becomes a moving meditation like that presencing just where am I now? How is my breath? And what does this feel like? And just asking those questions over and over again. Where am I now? How is my breath and what does this feel like? And then moving and changing shapes and keep asking those questions.

It's very simple and I think unfortunately it's become this very complicated, You know, there are 4,694 poses that are . You know,

Gregory Anne: That poster on the wall outside this yoga studio I used to go to. I think it has like a thousand of those. So you're queued up waiting to go into the room and you can't help but look at them and think, how do they do that with their body and how

Kathy White: Oh, yeah, yeah, yeah. Exactly. And, and you know, we're not training for Cirque de Soleil we're not we just wanna be able to pick up our grandkids. We wanna go play round of golf or go play tennis, get on our bikes, be able to garden.

Carry on with our day to day living for as long as we can. So, you know, when you, when you think about your yoga practice, not as some great achievement or

something to prove, but rather than just as I say in my, in my kind of marketing literature, this is applying WD 40 to your joints.. I love that, you know, you wouldn't think twice about applying wd 40 to your, to your car or to your bike or whatever.

You know, those moving parts they need cleaning and they need lubricating. Well, this is it for the joints, just a little bit daily practice. Wonderful.

Gregory Anne: So I mentioned the word stretching you and I talked about it a minute ago before he came live. Cuz I saw something on your website that said, don't stretch, stretching isn't the right thing to lubricate your joints, get flexibility. And I have interviewed people that talk about fascia stretching. Not with a roller thing, but that is the key to, it's the root of all pain. If your fascia is tight and old and getting clunky, then you won't have as much extension, flexion, All those things.

And along comes Kathy who says, No, don't. Don't be stretching. So I want to hear your side of don't be stretching.

Kathy White: Okay. So when I say don't stretch, it's actually what's happening in your mind and your focus. So if I do a forward flexion and I ask my students to do a forward flexion, then I'm asking them to feel what it feels like in their hips to keep their awareness through the vertebrae of of their spine, to notice the position of their neck, to see what they're holding in their shoulders. So I'm pointing them back to their joints all the time. Back to their joints. Back to their joints. If they've got the idea of stretch in their mind, they're going to overextend, they're gonna try and push, They're trying to get their head as far as they can towards their legs.

They're gonna pull the back of the hamstrings, which can create instability in the hips and spine, and that whole notion of stretch becomes the objective. So it's not that we are not actually stretching the body. We are, you know, between you and me we are.

Gregory Anne: I won't tell a soul.

Kathy White: Ok. but what we are doing is we are not putting the emphasis of the stretch into the practice. So the no stretch is that I'm not worried about how far I get my arm up in the air behind me if I'm doing an arm lift. But I am really concerned about how does that elbow feel? Can that elbow extend straight?

Can those fingers separate out wide. Can I, And I do say stretch when I talk. I use the language of stretch when I talk about the skin. So can the skin on the palm of your hand stretch to open the fingers wide? So there are certain places, like sometimes in certain forward flexions cuz we have straightforward flexions, curved forward flexions, reaching forward flexions.

Sometimes I'll say feel the skin on your back. Because it will change. And that's what you are referring to in terms of moving fascia and all the rest of it. So it's a language thing rather than what we're physically doing. And I notice that the students don't push themselves into those positions.

They have a much more comfortable time in the practice. When I cue them to be in their joints rather than in a stretch. . So that's where it comes from.

Gregory Anne: I love that. So what is, where is this miraculous? WD 40? I'm thinking of synovial fluid. Are we re synovial fluid? Yeah, synovial fluid somehow.

Kathy White: So the WD 40, the synovial fluid, you know how the joints restore and rejuvenate is through pressure. Okay. Joints are designed for pressure and they need pressure and that's how they restore. Now, obviously, and we talked a little bit before we came live about wear and tear. Obviously for some people there is wear and tear, so for some people are bone on bone, all the cartilage has moved and is away. And that said, there's a way to move the joints so that with mindfulness, with awareness and with precision so that you kind of understand the working of the joint so much clearer.

And you have you become like your own MRI scanner and you know what pressure, when to apply and you know how far to go. You know what triggers sensation, you know how much sensation you can withstand. And all of that awareness coming into the movements that you make helps you lubricate and feel freer within the joint. So you know specific postures Yes. And specific postures you completely avoid.

For example, if you do have knee injury and there is knee pain, if you kneel, no kneeling, you're on a chair, or a stool or various bolsters. But there are certain things it's like, no, it's okay. You can put as much pressure as you can onto your ankles. And I've got people like grimacing kind of going, Ah, my feet are cramping, my feet are cramping.

It's like, great, because the cramp is demonstrating that there is severe restriction in that foot. And the cramp is the muscles, ligaments, tendons, all kind of going, and we don't usually do this. You don't usually ask us to do this. Hang on a minute. And they're cramping. And she goes, Okay, let's ease off a little bit and let's go back in and go gently and just see if we can get to the cusp of that cramp and see what it is that's triggering it.

What movement is unfamiliar to that joint? And we can't play there. And over time, I mean, I used to get terrible cramps when I did pointed feet, when I did ballerina feet. And these days not so much. Not so much at all. Yeah.

Gregory Anne: I get a weird cramp under my left rib, like a stomach muscle. I can feel it, it gets tight, hard like a, I don't know what it is, but then I have to lean back and sort of rub it back into place.

Any ideas?

Kathy White: Abdominal cramps are very common. Yeah. Especially in forward flexions. And if there's a slight rotation of the forward flexion too. And if you hold the posture, which we do in the practice I teach we hold postures for quite a while, the cramp the abdominal, and it's just, you're activating muscle.

Same thing as, as it in your foot is you're activating your muscle that doesn't often get much voice and it's just having moment. It's gonna have its moment. Hey, me? Yeah.

Gregory Anne: Oh, that's funny. Until I started doing yoga, I didn't ever have that.

On a bike, you don't use the same kinds of muscles and things.

Kathy White: No, no, exactly. So, you know, on that point also, I would say that, you know, whatever sport you do, that's just fantastic. If you ride a bike, if you hike, if you play pickle ball or tennis, whatever, golf, just absolutely amazing.

Brilliant, wonderful. And sports tends to be fairly limited on how the joints move. They become, you become quite specialized in a movement. Yeah. If you think of your bike, you know, if you're cycling on a bike, your hips are just doing one certain movement, you're usually seated. Sometimes you'll stand up for a hill or whatever, but you're usually seated and your shoulders are fairly locked.

Yeah. Right. So you gotta think about the sport you're doing or the activity you're doing and go, Okay, what am I missing in my movements? What am I needing to add to get the joints in their full roundedness, in their full potentiality? Because thinking that you get on your bike and you go for a three hour cycle and it's like, okay, great.

You are, Yes, you've got some muscle building, you've got some cardio, you've got some good lung work and your joints need something else as well.

Gregory Anne: Yeah. That's a great perspective I hadn't thought of. And even for people that don't prefer a sport as their workout, maybe they walk, Most of us also sit a lot.

Kathy White: Yes.

Gregory Anne: At our desks, behind our computers, I interviewed a woman named Annette Cashell, she's wonderful and she talks about having your movement get a makeover, how little we move or how we move. But she said for people that sit a lot and then they get on a bike, they're kind of doing the same thing except they're engaging their heart and their lungs in terms of you're sitting, but I hadn't thought of that.

And then she does talk about, you know, including different things throughout the day. And what I hear you saying is the same in that we forget about certain parts of our body cuz we've worked out that day. Yeah, we have gotten our cardio, we have taken a great walk, but the things that get stiff as we age are the ones that are not in use.

Mm. Right. And then, like you said earlier, we may favor things cuz maybe there's little twinge there. So before you know it, you're kind of crooked because you're not wanting to put pressure on that point or you have sciatica so you. So, yeah, it makes sense that we would have to have some form of movement, exercise, yoga to bring the whole body into it.

Kathy White: And the thing is also Gregory Anne is that we live in this culture of comfort. We're sold on comfort all the time. We buy these beds, which have NASA technology for mattresses. We have these amazing cars. We just got a car with this rear view camera, brand new car, and it was like, Oh my God, I don't have to turn my head.

But that ain't good. Yeah. ,

Gregory Anne: I hadn't thought of that. We got one of those cars last year.

Kathy White: I wanna turn my head, that's a good neck rotation. I wanna keep that movement up, you know? And yet the car manufacturers know that the vast majority of the older population will actually find it

difficult to turn the head and neck and therefore, let's put a camera, let's make it comfortable, which is wonderful, but you know this comfort layers and layers of comforts, what we do is we create fragility in the body. We're not giving the body the amount of pressure. Our bodies were designed to sleep on the floor. For example, are lungs

it from that pressure, they become the ribcage becomes enlivened through the pressure of being on the floor. Now we sleep on these fancy beds and lovely mattresses and great that we do. I'm not suggesting anyone just jump on the floor and sleep on the floor tonight. But that just to, to realize that the origin of our bodies were designed for nature and an environment that we, in the last 200 years that evolved over thousands of years, millennia. And, and then over the last 200 years everything's changed. Yes. But our bodies haven't. So, you know, keeping that in perspective, when you think about what am I moving or not moving and how can I move it so it stays mobile?

Gregory Anne: So how, tell us about one of your classes and is this an everyday thing or a couple times a week thing that you suggest for people? Obviously people will decide what they wanna do. I just, What's your recommendation?

Kathy White: My recommendation is to try and do a little bit every day. Like if you can do a daily flossing of your teeth. And I know not everyone flosses their teeth every day. So it's maybe not a good analogy, but like you brush your teeth every day, hopefully that at least Yeah, yeah. If we don't floss, right. But that, that daily practice of like, yeah, my joints need a little workout every day.

They need a little cleansing, they need a little lubrication, and that's it. I have on my membership site I have, what I've, based on feedback from my students is I've created the Daily 15, which is just short sequences of 15 minutes of maybe three poses in 15 minutes, or a sequence through a particular pose with different variations in 15 minutes, and they're loving that.

So that's fairly recent that I've just added, but yeah. And I called it the Daily 15 because I really want to encourage people to do something every day. And I say to people, even if you can't get on your mat to actually practice, at least sit on the floor to watch telly. Or, you know, have a meal on the floor.

Why not? You know, we're so geared to our chairs, so locked to our chairs. Get on the floor and you'll be doing a little bit of yoga. You'll be putting your hips and spine and everything into different positions. If you sit on the floor put your legs up the wall.

Gregory Anne: That feels so good.

Kathy White: The way I teach it is I have the hips a little bit further away from the baseboard. You're not in the right angle shape, but you're actually angling your legs to the wall, and that just does all sorts of things physiologically. It's amazing for the heart. It's you know, as soon as you raise your legs up, The blood flows into the torso and actually creates more pressure around the heart.

And that if blood pressure goes up around the heart There's a special blood pressure receptors. They go, Oops. Heart rate's gone up the blood pressure's gone up. Let's lower the heart rate. So that pressure can go down. So as soon as you put your legs up the wall, your heart rate lowers.

It is just a magic trick for rest, restore, rejuvenate mode. It happens instantly. Again, I say to students, if you can't do your practice just sit on the floor and then put your legs up the wall. Yeah. Done.

Gregory Anne: I just finished a podcast episode.

I haven't released it, but I'll add this. I had forgotten I was talking about the first line of defense for people that can't fall asleep. And I talked about all these sleep hygiene, as the doctors call it, you get into routine, train your brain, but legs up the wall is one of the ones that I've forgotten. But it's very relaxing and helpful for people.

So tell us about the membership. What happens in a membership?

Kathy White: So in the membership there is one live class on Zoom and there is audio recordings.

There's the archive one through 100, the kaiut class plans that I use. Yoga mice class plans, another teacher I've worked with and then my own class plans. So there's hundreds of recordings. And you said earlier about watching a video and I just want to say that I try and wean my students off video.

So when they come to a Zoom class, a live Zoom class, I, or if they come to my studio, I don't practice in front of them. They don't see my body. I don't demonstrate. I just use my voice to cue and people hopefully aren't looking at the screen. I'm looking at the screen so that I can check and correct if anyone's going wildly off what I'm saying. And they for the most part have their eyes closed or soft focus and they're really in their body, in their practice staying interior reception, keeping the perception inside themselves. And how I teach. So in my membership I have mostly audio recording.

I do have some videos so that people who are new to the practice who aren't so sure about what I might be saying and need a visual reference, but I say, try and wean yourself off the visuals pretty quickly. Get to the audio. I've been practicing and working on this for a long time so that my audio cues are very precise so people don't feel lost.

They're like, Okay, yeah, that's right. It's the right leg and it's this position and she wants the arm there, and a slight rotation and yeah, so I'm talking people through, and then there are lovely periods of silence too, where people can just be in a pose, breathe in the pose. And experience what they experience for themselves.

Gregory Anne: Hmm. Not that I like comparisons. So this isn't a comparison, it's just trying to give somebody a somewhere to relate to you. Would it be, when you say holding the poses for a long time, I know that Yin Yoga became a popular thing.

Kathy White: Yeah, Yin, restorative. Those two types of yoga sort of have similarity to this.

The difference between yin and restorative to what I teach, I would say, is A, the emphasis on the joints, so queuing your awareness into the joints and also queuing your awareness into sensation or discomfort that to stay with those discomforts to feel safe enough to explore them. Yeah.

Gregory Anne: I know that you have a piece about mindset on your website somewhere.

And I'm thinking of staying with that discomfort. It's like, monkey mind pops up just thinking about it, holding a pose. Holding a pose with discomfort for a long time,. And trying to let go the discomfort is a great mindset Training.

Never mind joint training. Yeah. I mean outside of, off the mat, that is just a great thing to practice

Kathy White: for off the mat. And, and also, you know, if you think about it, Gregory, when we have the awareness in that area. So say there's a hip pain. So I've got you in su casana cross leg position's, an easy pose, so-called, that's the translation.

It's easy pose from Sanskrit, from Su Casana. And most people are finding it less than easy and they're struggling a little bit, but they've found a position that they can maintain. And looking for that sustainable moment where your knees might be quite high up. You might have your back against the wall, the cross of your legs might be just at the ankles.

But whatever position you're in, you're sustaining it, you're breathing into it, and then you notice. That actually, the pain dissolves a little bit. It changes. You watch it, you get close to it, and often I'll bring people to notice all the other areas of your body. Notice the top of your head.

Notice behind your shoulder blades. Notice your forearm, because there are so many areas of your body that aren't giving you feedback or sensation in that moment, and that's another life skill. Like when we have one area of our life that is really tight and tense and consuming all our thoughts and energy, it's really helpful to put it into context of, Oh, actually that's just me dealing with my eldest child at the moment. actually, you know, my, my friendships are great, my work is great, my marriage is wonderful. Putting things into perspective in the body also gives us that life skill to put things into perspective for life.

Gregory Anne: Yeah, that's very well said.

And I was sort of laughing because I remember one day getting into a pigeon pose and she said, I want you to relax into pigeon.

And I burst out laughing. I was like, This is a total oxymoron. And isn't it just like life. The things that we're supposed to just, this is how it's going to be. Relaxing. Relaxing into this moment. So whenever I'm having one of those days, I just say, it's just like relaxing into pigeon. I too can get through this.

Kathy White: Yes. Yes. Exactly.

Gregory Anne: Well, this has been great, Kathy, have you told us pretty much everything you want us to know about your joint renewal system? Or is there anything we missed?

Kathy White: Well, I would say that if people are interested I have a free guide that you can download.

So if you sign up for the free guide, you get a link to my membership area and there's other videos there that you can watch. I would really encourage people to just carry on your education of this method. It's different from other types of yoga. It's maybe a new kind that you haven't heard before.

It's educating people who've already written yoga offers as no, not for me, to go yeah. Well, it might be. Just read some more of the literature and then if people want to, they can sign up for my 21-day challenge, it's on sale pretty much all the time for \$47. Very reasonable price.

And can be helpful in giving you a taste of what this practice is all about without it being a big time commitment and without it being a big investment financially. And then if you want more, there's the membership.

And I have a program for people who want to do a deep dive with me where I do a coaching yoga program as well.

Gregory Anne: Yeah, that sounds like a great place to start. And that's at Kathy White yoga.com.

Kathy White: And Kathy with a k, White with an i, Kathy White Yoga all one word.com.

Gregory Anne: Well, this has been great. I'm excited to take one of your classes because the people that come my way, I figure are somehow meant to be here.

I was, like I said, intrigued. I wanted to know what the difference was because just like there's no one way to be healthy from a nutrition standpoint, there's no one way to be physically happy in your body and to stay well as we age.

Thank you very much for being there.

Kathy White: Thank you. You know, and I'd just like to say, you know, horses for courses, some people will love the yoga I offer.

And if you don't, that's brilliant too because there'll be something else out there that will suit you and suit your body. Keep trying, keep looking people. Just keep moving.

Gregory Anne: All right, Kathy, thank you very much.

Kathy White: Thank you for having me. Absolute delight to speak with you, Gregory Ann.

Gregory Anne: Likewise everybody. I'll be back next week. Be well till then.