

My weekly ponderings...

Good morning yoginis, yogis and meditators!

Well!! If the weather continues to blossom like this it won't be long before we are announcing our plantation gardens Saturday morning meditation sessions. Also please let us know if any of you would be interested in outdoor yoga classes and we can perhaps start to put them on too.

Don't you just love the Sun and its warming, healing and comforting touch it provides us, and the excitement of getting outside amongst the beautiful surroundings of Norfolk. As I use that word 'Love' I find myself contemplating how often it is used in conversation so freely, and whether we actually understand the real depth of the word itself. Like Tina said; 'What's love got to do with it?'... for those of you who are too young to remember I mean Tina Turner! Well, I happen to feel it has got everything to do with it! Of course, love means so many different things to all of us, the butterflies in the stomach kind when attracted to someone, the familial bond with a child, sibling, parent or feline/canine companion, all of which with time spent attached to these blessings become unconditional in their nature.

However, if we look really closely, we can be deeply honest with ourselves and see that love is interlaced into every fabric of our being. Every emotion we experience, whether it be anger, sadness, happiness or joy can be seen to emerge from love. Either we are craving it or trying to give it. The most dreadful events and losses are so clouded with emotional content that sometimes we find it very difficult to see clearly, resulting in overlaying situations with our own prejudices and personal judgments. Love is natural, unequivocal and most of all devotional. 'Bhakti' Yoga is the yoga of devotion that focusses our heart, on connecting to that boundless and infinite part of ourselves. If we keep our heart open at all times, even in moments of turbulence, even when it feels at its most vulnerable and defenceless, contrary to belief



this is when we are at our strongest and most aware. I am not describing here the love and devotion that we see as a form of worship so to speak, but rather of trust and faithfulness that love and devotion unites all of us, all sentient beings together into one field of consciousness. We can choose to embrace this devotional aspect firstly with ourselves. Again, I do not mean to sound cliché or saccharine but it's true, loving yourself will emanate from your energy outwardly and spread to everything and everyone you relate with.

As with Yoga and all spiritual paths this is something that must be continually cultivated and nurtured, so we can start to remember that innate divine quality which dwells within each of our hearts. So as part of your daily practice next time you encounter a not so favourable circumstance, see if within your stillness you can just let a little love envelop the moment and stand back and revel in its power!!

Once it was said;
'People think I'm disciplined it is not discipline it is devotion there is a great difference.'
- LUCIANO PAVAROTTI.

It was also said;
'To love is to recognise yourself in another.'
- ECKHART TOLLE.

Happy Devoting and loving!

Namaste, Vincent and Kate.

Current classes:

Location; The Studio, Earlham House Clinic, Unit15, Earlham House, Norwich, NR2 3PD.

Monday weekly drop in meditation sessions - 6pm

A one hour guided meditation session in a relaxed, safe and warm environment. Reflecting on philosophy, whilst enjoying some peace and tranquillity.

Tuesday weekly mixed ability yoga class - 6pm

Hatha / Vinyasa Flow Yoga A step up from the complete beginners' class at an intermediate level. We will be working through some of the more challenging poses at a reasonable pace to really feel like you are working the body and achieving a good workout. We will put into practice; posture, breathing exercises, relaxation and meditation.

Thursday - 6 week beginners yoga course - 6pm – NEW START DATE...THURSDAY 26TH MAY 2022.

Suitable for complete beginners, or those who are wishing to refresh themselves on some of the fundamental postures of yoga before joining or re-joining a mixed ability yoga class. The class will be kept to a small size and paced to allow the participants to learn each pose in a safe, friendly, supportive and unrushed environment.

We will cover; posture, breathing exercises, philosophy, relaxation and meditation.