

## My weekly ponderings...

*Good morning everyone,  
and sun salutations to you all!*

Hopefully you are aspiring to stay conscious amidst the comings and goings of the world, whilst making exciting plans or setting goals you may have for the coming seasons.

Today, I thought I would revisit a topic from a few issues ago (all back issues can be found on our website!), focusing on one of the five obstacles of mind (*Kleshas*) in particular 'Abhinivesah' sometimes translated as meaning 'clinging to bodily life.' In this context it would be simpler to describe its connotation as 'common fear'. The reason I want to elaborate on this subject is because I feel it's very important to promote inclusivity not only in our society as a whole, but especially to those of you that have thought about joining a Yoga/meditation class and this obstacle of mind has sadly blocked your path to coming.

Fear or Abhinivesah can be crippling, limiting and counterproductive within our lives, and we are all responsible for tackling this element in ourselves. I feel the most effective way to win this battle is by making sure we collectively and consciously include each other, regardless of our differences whether it be culture, race, sexual orientation or gender identity. A Yoga/meditation class should be one of the flag bearers for this credo. However, for whatever reason there may still be an apprehensive feeling arising when deciding to participate. My own personal view is that a lot of people (due to the social media era we find ourselves living in) are nervous, anxious or diffident about their body image, perhaps they dislike certain facets of their appearance, or the confidence has not yet been established as to whether they are able to do Yoga. The simple answer is 'YES YOU ARE.' That fear of feeling uncertain, fear of feeling not good enough or fear of being too old is a complete fallacy and quite frankly utter nonsense. You and you alone



are capable of changing that, but as I said WE MUST continually make each other feel included in this instance the partaking in the form of Yoga. In the Yoga sutras (as mentioned previously) these incorrect perceptions stem from ignorance 'Avidya' and fortunately can be corrected by noticing, as Desicakchar says 'when they are absent, rather than when they are present.' Take these glimpses of grace as the perfect opportunity to release your fear of something and realise its imaginary content, allowing you to go forward, take the plunge and be a part of the whole.

We pride ourselves in the fact that our classes are here for everyone, limitations and all, how could Yoga not subscribe to that! This is what Yoga is all about unity, togetherness, love, happiness and peace. The really big bonus is... it's good for our physical and mental health as well and you may see and feel the benefits of the practice quicker than you think! So why not join a class and get involved, bring your friends or tell a relative... or just practice on your own at home. Whatever your choice, eat, live and breathe consciously, you really can't go wrong .....

Once it was said; '*Inclusion elevates all.*'  
- ELAINE HALL.

Happy including!

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 26<sup>TH</sup> 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.*