

My weekly ponderings...

Good morning to everyone!

Wishing you an auspicious start to your day in front of you.

When rising in the morning still in a lovely slumber, cosy and warmly snuggled up in bed, how long would you say it takes you to enmesh yourself in thought? Whether it be troubling, stressful, dreading or even if you are a person who grabs for their phone to check emails off the bat, barely before the crust has been wiped from your eyes, or you have even taken a breath. WOW! Be honest with yourself, how do you start your morning?

Within this scenario described, it is safe to say that it is a habitual pattern, which at the core of its manifestation shows us how terribly serious we take everything to be. Yes, of course there are aspects of life which require sincere deep contemplation; however, we are all subject to those worries and anxieties. I reiterate ALL OF US! So, nobody escapes the peaking and troughing of life and as obvious as this all seems, why on earth do we still get back on the hamster wheel of habit and perpetually augment our suffering before we have even got our jimmys off! Well then, do we have the power within ourselves to start in a different way? Ermm YESSS WE DO! Just reading these words might trigger your consciousness into changing your habit tomorrow, or just give you food for thought.

We constantly need to apply surveillance to our minds, checking what the little *blighter* is up to all the time. What's 'checking'? Awareness is what is checking, awareness is the constant unchanging sense of peace and balance. It is like the sentinel at the gate, the nightclub bouncer saying, 'you're not on the list, you can't come in' and here is the great bit... we are all awareness. Try this little experiment when you wake up first thing, before ANYTHING at all smile! I mean a massive, big cheesy smile even if you don't mean it, smile as if the edges of your mouth are trying to touch your ears! I won't bore you with the facts, I will let



google help you do that, but just to say the benefits are palpable, blood pressure reduction and the release of feel good hormones called endorphins to mention two. Just for 30 seconds your mood will be elevated and that ladies and gentleman is the way to start a day, resilient and with a sense of levity. So that when the seriousness of life charges our senses through personal events or through the incessantly negative media outlets, that smile will give you a chance to approach these circumstances with a new formed habit that demonstrates a much more effective positive outlook. This will then fuel your action simultaneously in the same direction. Think of Usain Bolt laughing on the starting line, just before he obliterates the competition (with love may I add). The infinite wisdom of the Dalai Lama teasing and irritating Desmond Tutu like a playful affectionate child, or the times when you are balancing in tree pose... trying to stay up... but hopelessly toppling over. There you go, in a nutshell, it is not that serious. So next time you get up, awaken that smile on your face and perhaps ask yourself 'come on day, what have you got for me.....'

Once it was said;

'Smile! It increases your face value' - ROBERT HARLING.

Once it was also said;

'I am serious about not being serious' - ELLIOT ERWITT.

Happy Grinning!

Namaste, Vincent and Kate.

Current classes:

Location; The Studio, Earham House Clinic, Unit15, Earham 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.