

My weekly ponderings...

Good morning to everyone, hoping those of you that decided to take a short break either away or at home during the half term, now feel refreshed, recharged & recuperated!

We managed to take a few day trips out with the children to Kelling Heath (where we will be camping in the summer), and some spontaneous coastal dips at Cart Gap where the sea is starting to actually feel quite warm (honestly!!). Whilst out and about on our travels we tend to listen to the kid's selection of music on the iPod, mp3 media outlet thingmajig (I call it the radio, as they remind me I am from the olden days!)... and I am forever commenting on the fact that 'you know this song isn't original don't you?' It's a sample from some 80s tune (that I threw some shapes to once!). Even though the kids may argue they do eventually accept the fact that I am telling the truth, but roll their eyes thinking what does he know!

To me and my viewpoint (egoically speaking) it doesn't sound authentic. The original was better, that's my perspective of the truth. However, to the kids they feel their version is fresh and representative of their truth. So, which one is true? Well as my limited opinionated self, I definitely would say mine, but that is only a matter of opinion. Yes the song may have first been heard and written in my era, but now there is a new expression of it with the same foundations but a totally new flavour, which could also be seen as original and authentic to the new generation hearing it. If you look up the definition of authentic it has different connotations, one being 'not false or copied; genuine or real another being 'true to oneself, representing one's true nature'. In Yoga this is called '*Pramanika*' and whether I think it or not is an important part of our practice. Staying authentic to ourselves during asana, meditation or any pursuit that attracts our creative spirit, and just feels right, and true, is the key to unlock the joy we feel when immersed in the activity, rather than just going through



the motions with a stale and dull involvement. We then listen to our body and mind and the truth. THE REAL TRUTH is revealed to us as we express and evolve through our journey.

Opinion is of course valid in certain circumstances (especially when it comes to music!). But Truth is Truth. All artists, scientists and philosophers alike seek this elusive mystery, but it is there always in the background, shining radiantly, undeniably, unfettered and omnipotent. Yoga and meditation help escort this fact to the forefront of our experience, loosening the bind of our principles, views and assumptions, uncovering a vast and infinite truth. I recall a short Buddhist description: 'Whether you believe in gravity or not the apple will still drop to the ground if you let it go'. So, allow your expression to roam wild and free in everything you do, whilst remaining grounded, open and most importantly true to the self.....

Once it was said;
'*You can't try to be authentic. You either are or you aren't.*' - OSCAR ISAAC.

Once it was also said;
'*The still and quiet voice of truth presents itself without argument.*' - ADYASHANTI.

Happy authenticating!
Namaste, Vincent and Kate.

NEW and current classes...

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

MONDAYS & TUESDAYS - 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.

THURSDAYS - 6 week beginners yoga course - 6pm - NEW COURSE BEGINNING ON 7th JULY.

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.

SATURDAYS - Outdoor weekly guided meditation sessions, The Plantation Gardens - 9am.

Starting from 21st May... They are back... A one hour outdoor guided meditation session in the relaxed & beautiful setting of 'The Plantation Gardens'. Reflecting on philosophy, whilst enjoying some peace and tranquillity.