

My weekly ponderings...

Good morning everybody!

Three words for last week HOT HOT HOT!!

Well, here we are 'Vimsati' (Twenty in Sanskrit)! Our 'Conscious Chronicle China Jubilee'... some way to go yet to equal her Majesty, but slowly slowly catchy monkey eh! Whilst we are on the subject of 'old Liz', it is completely incontestable (whether you are a devout royalist or a sex pistols fan (fascinating biopic by Danny Boyle and worth a watch)) that our Queen demonstrates impeccable resilience. An extremely advantageous quality to possess when traversing the peaks and troughs of life. 'Atatizakti' refers to this quality, but can also be translated as 'buoyancy' which is a wonderful word and action we can apply to our Asana practice. If you are a keen yogi or yogini you will be well aware of the shapes that tend to elude you personally, no matter what you do or try to fit into them, unfortunately the tendency to use coercion and force occasionally prevails.

But for what? To injure yourself unnecessarily just so you can show your peacock feathers? And more to the point, setback and delay your practice by doing so. A phrase that has been coined and if you have ever attended my classes, you will recall how I repeatedly use it... 'Do not use the body to do Yoga, do Yoga to get into or explore the body'. This perfectly describes a buoyant attitude, keeping our body and mind loose, light and flexible. Then allowing the pose to evolve with patience, persistence, and resilience. This is a far cry from force. This is having faith that if you keep coming to the mat and putting yourself in the correct alignment, eventually the energy will yield to you. One thing is for certain, if you do not practice either Yoga, Meditation or any other pastime, obstacles will always remain in your path. Therefore, yogically speaking, it is vital that you from the start accept there may be some asanas that you will NEVER get into due to anatomy, physiology, or just plain old lack of desire. I certainly know the ones that frustrate me and yes over the years



I have learnt the hard way. But now I am a (teensy) bit more mature, I am able to demonstrate buoyancy instead of rigidity.

This applies to our lives too! That is why Yoga and Meditation or any practice that fine tunes our awareness of all our faculties are such a gift that can be made into a daily habit, no matter how long or short. So, it is very uncomplicated really, this quality of resilience develops as we employ faith, determination, and acceptance, all at the correct times. Use your intuitive ability to be your own judge of what is required at any particular time, the breath being the obvious most immediate barometer of our emotions and temperament. Just keep arriving and turning up to the mat or cushion, everything will become clear.....

Once it was said;
'Everything yields to earnestness.'
- NISARGADATTA MAHARAJ.

Once it was also said;
'Success is not final, failure is not fatal: it is the courage to continue that counts.'
- WINSTON S. CHURCHILL.

Happy Being!

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.