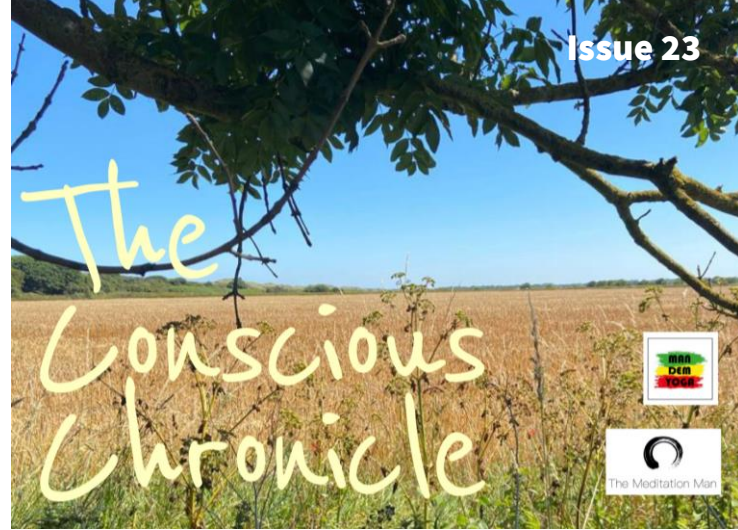


My weekly ponderings...

Good morning everyone !

The time of year approaches where we are perhaps planning holidays, sojourns, and well-earned breaks, which I am sure are well deserved for what appear to be quite tumultuous times we find ourselves living in today. We are constantly being exposed to change so fast in this era that we require a regular degree of respite... more often than we actually take time for. I have written and talked on many occasions when teaching about the impact social media, the internet and the effects its incessant information overload has on our health and wellbeing within this current age (feel free to browse in the article section on our website). However, 'change'... hasn't it always been there? Isn't it a natural and universal part of the process of life? Of course it is! But this habit and desire to need to know everything (about everything) even before it happens (which it rarely does) is just a crazy and insane distortion of how things actually are. Where does all this angst, anxiety, stress, and overload go? You guessed it, into the body and mind, creating all sorts of imbalances and disease (dis - ease).

Let the change come when it's darned ready to, it will not come a nanosecond before and contrary to what you may think it will not be too late either. It may feel like that, but that is the essence of how things are. It appears wrong sometimes, and it also appears right. It doesn't matter what your intellect thinks, it's going to be that way. Your responsibility is the ticket to negating that 'dis' part of the word leaving 'ease' to remain. The obvious thing to do is naturally avoid those outlets of infinite information and updates. Which eventually become completely meaningless and are just continuously creating a moment that doesn't even exist. However, do not let that create a sense of



avoidance in you where you cannot tolerate, endure, or accept anything that doesn't fit your situation or circumstance. See and notice what it is that is causing you uneasiness. Then through some simple inquiry, see that the 'actual' thing is actually you (small you) and your perceived relationship to it. The you that YOU are, is far more enduring, spacious, and infinitely aware than any tiny invention called the internet is! You are aware of the nonsense, not the other way round. It just sometimes seems that way, that's the illusion.

Even this chronicle is now becoming wordy, deeply importantly informative and philosophical! So, I will truncate it there, leaving you with the possibility that you are not limited by a so-called object, thought, emotion or sensation, you are in fact aware of these. So the real question is, what is this thing awareness...?? Mmmmmmm...

Once it was said;
'A mind lively and at ease, can do without seeing nothing, and can see nothing does not answer.'
- JANE AUSTEN.

Happy easing!

Namaste, Vincent & Kate.

NEW and current classes...

Location; The Studio, Earlham House Clinic, Unit15, Earlham 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 - STARTING THURSDAY 8th SEPTEMBER 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.

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.