

My weekly ponderings...

Good morning everyone!!

We're all going on a you know the rest! Whether you're jetting off to some far away continent, whale watching in the Orkneys or brushing off the tent for a staycation, it's fairly clear why we all enjoy holidays (holy days). Because after all that work, preoccupation, and stress we need to just let it all hang out and embrace good old doing nothing, or as I have said before more precisely 'non doing'. This issue is not really about anything new, esoteric, or reinventing the wheel; it's about 'balance' and how blindingly obvious it is to see that when we are balanced, and the scales are evenly tipped, we are at our best, in absolutely every way. I was fortunate enough to participate in some energy work with a friend and yoga student recently, who specialises in releasing certain physical blockages by focusing on the relationship between the body and subconscious emotion. I am humbled by the session we had and will not attempt to profess a deep knowledge of the subject. However, we both agreed all the holistic practices are aiming at the same objective, just with a different flavour and perspective. Balance. Everything is about balance, not too much, not too little, not too firm, not too soft, not too many words... (you get the point! Ooh I do love a waffle!)

This is intrinsic to every single one of us, and nature finds its own balance eventually as soon as it finds itself out of kilter. Do we? Well, I like to think that we all know the detriment an imbalance state in any form causes us, whether it's our diet, work life relationship, or even spiritual pursuits. We must become more attuned to our state of balance (not too much though!). There are always times in our lives where there seems to be so much ballast on one side compared to the other, and these are the precise moments we must make every attempt to at the very least find our stillness. So things can recalibrate without having to experience a catastrophic event, that brings us to a breakdown point (which sometimes is how drastic



changes are created). But, if that's the case then so be it, let it all be a journey of discovery to where you are supposed to be. The Buddhists speak of in their teachings of the middle way or middle path. There is a lovely story is where the Buddha asks Sona, one of his disciples who happens to be a musician, how to play a Vina. He deliberately loosens the strings so that the tone is flat, and laughs at him pointing out that you cannot play a tune like that. So he overtightens them, again to be laughed at from the high pitches that are produced. Finally, the Buddha says 'at last not too loose, not too tight, just right!' Sona is appropriately humbled by the teaching. This is the middle way or path as I said. It's not rocket science. I can hear you all saying 'well that's completely obvious' but it's the obvious things that are often the most difficult to notice.....

Once it was said;
'Life is a balance between holding on and letting go.'
- RUMI.

Happy calibrating!
Namaste, Vincent and 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.