

## My weekly ponderings...

*Good morning everyone!*

Welcome to the first of ten chronicle issues, where we have decided to do something a little different.

For the next five weeks we will be profiling a specific *Yoga Asana/posture*. Explaining the physical, mental and energetic benefits, with perhaps a little historical fact or mythical legend (whichever way you choose to look at it). After the Asana issues we will then continue the subsequent five weeks with some simple guided/scripted meditations that may also help you delve into the practice and begin a steady daily routine. The hope is that you may develop a taste with these humble forms of shape and thought expansions, allowing you to explore and reap the beautiful benefits they have to offer... and maybe join one of our classes! This week...

### VRKSASANA No 1. (Vrks-Tree Asana-pose).

#### **Muscles working:**

**Standing leg** - thighs, calves, shin and outer hips, adductors (groin).

**Bent leg** - hamstrings, hip flexors, adductors (groin).

**Trunk** - outer abdominals.

**Torso** - upper body muscles, depending on arm and hand position.

**Benefits** - Really great for centering the mind, toning the muscles of the legs, and improving your balance and equanimity. A truly grounding pose.

**Modifications** - Place bent leg at ankle, on the calf or above the knee (NEVER! on the knee joint).

Hands in prayer in front of the heart, or for more of a challenge above the head, let your branches express themselves!! Once really confident try closing the eyes.

This is a great pose to practice at home and if you are a total beginner, I advise using a wall at first for support, whilst you familiarise yourself with the balancing aspect. The key points as I will mention in the following issues are to really engage the feet on the ground.



Do this simply by pressing the outer edge of the foot down along with slightly scrunching the big toe (but not too much). This will give you an enhanced inner arch which will help stabilise the leg and also bring the outer hip in. Create a mild force from both legs as if sticking them together, this will engage your inner thighs and keep you upright. Think of the lower body as the trunk of a tree, and the upper body and arms as the branches (sthira/sukka) stable and soft. As with all Yoga Asana, focus and anchor your attention on your breath expanding on the inhale and releasing on the exhale, maybe really sucking the tummy button in at the same time as breathing out. The best thing is to dive in safely and slowly having fun with it and making sure you definitely laugh at yourself as you occasionally topple!

*'Perception of our true nature is often obscured by physical, mental and emotional imbalances'.  
- Yoga sutras 1.30*

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 8<sup>th</sup> 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 21<sup>st</sup> 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.*