

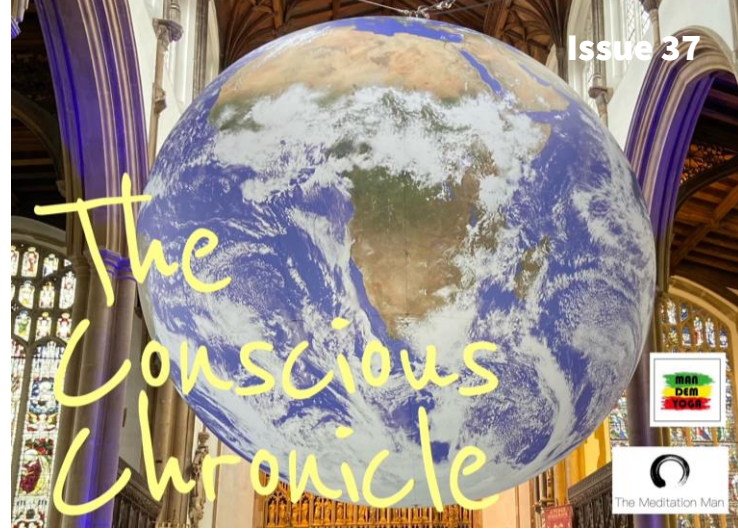
My weekly ponderings...

Good morning everyone !

I do hope that you have enjoyed the last 10 issues exploring Asana and meditation and it allowed you to broaden your experience and view towards Yoga. Once you commit to a daily practice it really isn't long before you start to notice how the physical and even mental benefits are just scratching the surface of this wonderful ancient system.

On this point, my favourite observation and the palpable feelings that emerge 'for me' when practicing on the mat, is I really feel 'less is more'. The freedom that arises when holding a form lightly, along with the grace of the breath, is such a humbling and peaceful sensation... that keeps me coming back time and time again. We begin to ask the questions: What is it that we really need to nourish us? What can we actually do without, allowing us to function as a healthy, kind, balanced human being? It's amazing when we come to our sanctuary of the mat, what can come up in our awareness. During the current zeitgeist of post covid, we now find ourselves in another 'so-called' crisis of energy shortages, political unrest and war.

However, has there ever been a time when these factors have not existed? When we centre ourselves, these facts are blindingly clear, and the reason they are repeated so often throughout history is a question I cannot answer. My humble view is that we are focussed on external phenomena far too much of the time, and not enough on looking inwards, where answers and solutions can explode like a big bang from nowhere. Just from resting the contraction in our minds through focussed silent attention and allowing expansion to let loose. No- thing material ever satisfies the soul, it really



doesn't matter what it is, a sports car, newly fitted kitchen or even a sentimental trinket. It is all going to collapse and turn to dust one day! Instead of trying to renounce all material belongings and shallow behaviours (I was only mentioning the other day since moving, the obsessive maintenance of keeping a new house immaculate! Kim and Aggie eat your heart out...), just as always let awareness notice these peccadillos, who cares? Laugh at yourself, it's all rubbish, or all holy... it really is irrelevant. Who knows why this evolution is the way it is, and WHO actually cares? Just keep coming back to you, first base and even before that. At the end of the day, we can keep trying to find out the answer to it all, or just bathe in the mystery of being.... Anyway, if we find the answer... what then?

Once it was said: *'Mystery is the soul of existence.'*
- KEDAR JOSHI.

Once it was also said: *'Mystery is the essence of divinity.'*
- ZORA NEALE HURSTON.

Happy mystifying!
Namaste, Vincent and Kate.

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.

Coming soon... weekly 'indoor' guided meditation sessions.

A one hour guided weekly meditation session in a relaxed, safe and warm environment. Reflecting on philosophy, whilst enjoying some peace and tranquillity.