

My weekly ponderings...

Good morning everybody!

Edmund Hilary eat your heart out! (well maybe not...) I know Scafell Pike is a far cry from Mount Everest, however I don't remember reading anywhere that he did it with his partner and 4 kids! Yes, welcome back from a brief pause of the Chronicle last week as we were taking a break in one of our favourite places, the Lake District. As expected, the weather was highly predictable in its constant downpours, and although you never leave the indoors without an efficient waterproof, it's all part of the fun (only for some may I add!).

As with any Holiday just breaking from the old routine is such a relief and it really doesn't matter where it is. Just the refreshing new sights, sounds and smells which you're not familiar with is an extremely healthy tonic for recharging the soul. Occasionally we spend our time, or shall I say a lot of the time looking forward to something such as a holiday, exciting event or even a delivery of an amazon parcel. This may seem obvious but when in this continual state of looking and waiting for something to occur, two things happen... one, we are constantly missing what is happening now, and two, it doesn't come any quicker... in fact, you will I am sure agree its drags on (just as my children experience when waiting for Christmas from October!! AGGGHHH). So with life in mind, meditation and Yoga teaches us intrinsically to immerse in the now. The moment, the flow of it all, so that we can enjoy every tiny aspect and nuance, even the rubbish stuff will have some benefit and reason for arising in our awareness at that given time. We all appreciate that as Humans we enjoy different things, some fishing, some shopping or even enduring the battering elements of the Lake District! We all have our own preferences too; each choice is our own proclivity towards that pastime. My invitation to you though is this, try to enjoy the things that you don't



find enjoyable, or at the very least place in your mind the thought that the experience has something to teach you... be it either patience, an unrevealed lesson, or maybe you will have a complete about turn and discover that you actually do like doing this now! (that has happened to me many times!) I must stress that I am not advocating endurance here, that has its time and place granted, I am talking about just sitting with it, resting in it, totally immersing in the unfolding now. This takes practice, as it's a change from our normal habitual behaviour. But, I can promise you if you commit to this mental shift with utter surrender and one pointedness (ekagra in sanskrit), you will start to see a flowering of freedom from boundaries, preferences, and impatience. This then makes the whole of life a ride of excitement that is never the same twice....

Once it was said: 'Simply wait, be quiet, still the world will freely offer itself to you'.

- FRANZ KAFKA.

<https://www.goodreads.com/quotes/494647-the-world-is-like-a-ride-in-an-amusement-park>

A great quote from Bill Hicks!

Happy riding...

Namaste, Vincent & Kate.

*** New & Current classes... ***

Location; The Studio, Earlham House Clinic, Unit15, Earlham House, Norwich, NR2 3PD.

NEW THURSDAY WEEKLY MIXED ABILITY YOGA CLASS - 6pm.

Hatha / Vinyasa Flow Yoga class at a mixed ability 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.

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.