

My weekly ponderings...

Good morning to everyone!

Whilst we cheerfully introduce ourselves to a new day, a new month and the beginnings of a new season, getting excited and motivated for the coming Spring. As part of my daily regimen in the early hours of dawn I like to get out of bed (*to be fair sometimes I drag myself !!*) and seize the morning as they say (*or carpe diem*) with some cardio exercise and Yoga practice. Starting with a brief meditation, some asana (*poses*) finishing with a short session of pranayama (*specific breathing practice controlling the breath and mind*). Yes it is hard, sometimes laborious, and especially during the winter months when the darkness lingers, and the cold is biting in the air!

But..... It is impermanent.

It may seem the case that some of us are more predisposed to certain behaviours than others, and this may be true in some circumstances, as life is infinite and exceptions are part of that infinity. However, if we can just apply a little detachment (*not disassociation*) to our daily practise, we may be fortunate enough to recognise our habits transforming in front of our eyes. One of the reasons for this is because we have relinquished the desired outcome or result of our action. Compared to when we think of the end of a hard task, which tends to bring us out of the present moment, deterring us from even starting! Sound familiar? It certainly does to me. From personal experience I have had to train this habitual pattern of thought into my own little head to rewire behaviour or as the clever people call it '*neuroplasticity*'. We have all seen miraculous recoveries and feats achieved beyond our imagination, and the key is to be inspired by these people or events, but not necessarily think that our path will be exactly the same.



That is why I implement the yoga sutra or teaching of '*Abhyasa vairagya*' which roughly translates as '*practice and non-attachment*'. By keeping this wisdom in mind, it helps me to overcome the tiny voice in the mind which really is just background noise and interference trying to convince me that it is too challenging, too time consuming and too boring. Of course, we need to discover for ourselves the balance of effort and non-effort in any activity we do, but we can only do that by engaging with a little 'will' at first. Once we proverbially dip our toe in the water (as the de Freitas family does when we have early morning ocean swims 'Wim Hof' style and it is COLD!) we discover how quickly we can adjust and even enjoy what our small mind termed as a crazy activity. Now instead as a pleasant, invigorating and awe inspiring achievement!

So occasionally why not gently embrace and befriend the uncomfortable? What have you got to lose?.....

Once it was said;
'*All spiritual disciplines have one purpose: to get rid of illusions so we can be present.*'
RICHARD ROHR.

Happy welcoming!
Namaste
Vincent and Kate.

Current classes:

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

Monday weekly drop in meditation sessions - 6pm

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

Tuesday 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.

Starting Thursday 3rd March - 6 week beginners yoga course - 6pm - 1 SPACE AVAILABLE!

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.