

My weekly ponderings...

Good morning to everybody!!

Once again we have been treated and blessed to some much welcomed sunshine. Long may it continue (until it doesn't of course... remember to fully enjoy the moment!). I even managed to soak up some vitamin D and a little hue to my lockdown tan whilst practising Yoga in the garden with the cats! It is also nice to remember that when we focus on ourselves we begin to nurture that connection we have within a bigger space, a subtler vibration, and a yielding openness. Being outside can really guide us towards tuning in to that particular frequency, alleviating the mental chatter that so often dominates our thoughts.

Various traditions of meditation and yoga (which are all really the same thing!) talk of the various hindrances and afflictions that can attract our attention and create the impression that we are bound by these, with no escape or respite. Identified in Buddhism as the 5 hindrances; craving, restlessness, irritation, boredom and doubt or the Yoga Sutras; *Advidya* (ignorance), *Asmita* (ego), *Raga* (attachment), *Dvesa* (hatred), *Abhinivesah* (clinging to bodily life). I dare say you will recognise more than one of these aspects within yourself, as they appear from time to time. As I have said before, practice is the perfect opportunity and remedy to reduce these normal and natural habits from arising so regularly. But let's not forget that focussing on eliminating them completely will take us out of the now. If they arise they must still be a valid part of us, no? For if they were not, they wouldn't arise would they? We do not have to identify with them or even try to analyse their presence. Why not try gently accepting them as they dissolve and unite back into your real self. This mystical space is not getting away from ourselves it is just remaining connected, even that doesn't require effort as such, because we are always connected, whether we see it, or we do not.



Think for a moment you do not have to be a scientist to realise this fact, glimpses and clues are revealed to us all the time in moments of stillness and peace. That warmth of sunshine on your face, the beautiful panoramic coastline view, or the smell and sounds of an autumnal walk in the forest. I am not here to teach you to suck eggs... far from it, it is just a case of putting yourself in the right place more often to soak up the gift and deliciousness of life. It is not about dividing yourself more from good and bad experiences. It is about tasting it all, and finding out for yourself what is truly real, and that can only happen when you realise you are already plugged in to the mainframe (a bit matrix sorry!) but you have to see you ARE the mainframe itself!!

On a lighter note to finish, as we celebrated our mothers last Sunday I implore you to continue to embrace that special connection even if occasionally that relationship may be difficult for some of us. But be comforted in the fact that we are inextricably bound to our families (yes the best and worst elements of us) because that's just part of the fun of finding out who we truly are!

Once it was said;
'Connection is why we are here: it is what gives purpose and meaning to our lives'.
 - BRENE BROWN.

Happy uniting. Namaste, Vincent and Kate.

Current classes:

Location; The Studio, Earlham House Clinic, Unit15, Earlham 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.

Thursday - 6 week beginners yoga course - 6pm – STARTS THURSDAY 14TH APRIL 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.