

Yoga with Nikesh



(Photo taken in New River Path on our daily walk - highly recommend to those around Palmers Green, Winchmore Hill, Bush Hill & anyone else nearby who is interested)

The Week

This week has been hot - the sun is out, and the sky is blue. It fills me with joy seeing each and every one of you at the end of a class in a state of "zen", "bliss" or "samadhi" as it is described in the Yoga Sutras. Thank you for bringing the great energy!

I woke up this morning just after 6am and I had some conflict in my mind, where my alarm clock was set to 7am and I was wide awake. "Nikesh - go back to sleep", I was telling myself!

Then I took a moment to close my eyes, followed my inhale and exhale and I felt as though I needed some self-love. On reflection, I have been a little hard on myself this week. I got up, brushed my teeth approached my mat and set it out. I stepped on the top of my mat and now there was no going back - I was committed! I had a lovely practice, ending with meditation and despite feeling some anger and discomfort at

times during the practice, I concluded with a thought of being happy with who I am and how I am. The day looks beautiful.

We can all be hard on ourselves. Let's try and love ourselves unconditionally...

7 Day Home Yoga Challenge

30th May 2020

"I've just signed up for my second 7-day Yoga journey with Nikesh. Last time I focused on the excellent and varied yoga classes which helped me to understand what works for me, both in my mind and body. This time I'm keen to experience the whole package and consider being kinder to myself with my food choices and relaxation time. Nikesh is a teacher who accepts you just as you are. He is someone allows you to understand and develop your own potential with his support and kindness."

- Participant from our 4th round of challenge

- This week we had 2 returning participants for this challenge. The challenge was tailored to cater for them based on the outcomes of their 1st challenge.
- We have new comers who are doing exceedingly well and are on their Day 6 of the challenge. Keep going!

We are now taking bookings for our next round of 7 Day Home Yoga Challenge and we would be delighted to have you join us.

[Book Now](#)

Online Yoga Classes



- Interactive sessions via Zoom with verbal cues to help you make the most out of these sessions.
- The classes are **one hour long which includes 50 - 55 minutes of Asana practice and 5 - 10 minutes of meditation/relaxation.**

Sunday 10am - 11am: **Surya Namaskar Discipline**

Monday 7.45am - 8.45am: **Slow Flow & Meditation**

Tuesday 8am - 9am: **Morning Flow Yoga**

Thursday 6.30pm - 7.30pm: **Hatha Yoga**

Saturday 10.15am - 11.15am: **Vinyasa Flow Yoga**

[Book Now](#)

YouTube

Every Saturday at 9am, I post a free yoga class on YouTube. I hope you find these sessions useful. We welcome any feedback on these videos via emails or directly on our YouTube channel. Please do subscribe to our channel, so you get notified when a new video is posted.

<https://www.youtube.com/watch?v=JzgmkZgtO88&t=1240s>

[For more information, please visit our website.](#)

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