

Yoga with Nikesh



Vegan dinner - Urid Daal (lentils) with sauted Cabbage and Timur spice on top

The Week

Early this week I watched (or listened!) to a remarkable play online called "The Encounter", recommended by Sam H (a dedicated yogi who regularly attends some of my classes). It was a play with one visual actor, and I experienced it with my eyes closed for just over 2 hours. It was truly remarkable and thought it related to a couple yogic principles such as;

1. More material goods (e.g. smartphone, tablet) means more to look after, more to take on, "more on your plate" - I won't say anymore on that...
2. Finding "stillness in time" - do you find that when in the present moment?

It also firmly put visiting the Amazon on my bucket list! Anyway, let's reflect on these points. Do you carry too much "baggage" mentally, physically and/or emotionally? Can you let go of some of this? Does being in the present moment help you let go?

If you answered "yes" to one of more of these questions, practicing some form of yoga will help. Thank you once again Sam H for sharing 😊

7 Day Home Yoga Challenge

30th May 2020

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.

Discover a new way of looking at the world

7 Day Home Yoga Challenge

- Suitable for everyone
- Yoga, meditation & coaching

1. Increase awareness
2. Increase strength & flexibility
3. Realize your purpose

  @yogawithnikesh
 yogawithnikesh@gmail.com
 www.yogawithnikesh.com

Get a better understanding of yourself



[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.](#)

Get in touch with us

If you would like to give us feedback/comment, please do get in touch with us via email. We would love to hear from you.

If you do not wish to receive further emails from us, please let us know and we will remove you from our distribution list.