

# Yoga with Nikesh



Social distancing not self-distancing!

## The Week

This week has been amazing and that's thanks to many of you who have joined online yoga, allowing me to share my practice with you.

I have been reflecting a lot on what 'enough' means to me. To give you some insight on my lifestyle; I mainly sit on the floor and eat my meals, I eat 2 meals a day, I go for walks with my wife, try to limit the amount of time spent on social media and I sleep without a pillow. This works for me and not saying that this is what you should do. You do what's right for you. So back to having enough, I have realised the less I have and less I expect, the more I feel that I have more than enough.

Funny huh? Less is more! What does enough look like to you?

## 7 Day Home Yoga Challenge

16<sup>th</sup> May 2020

**"Tough but worth it!"** - Participant from our 3<sup>rd</sup> round of challenge

Participants of our 3<sup>rd</sup> round of this challenge are more than halfway through. They have shown dedication despite their other commitments such as looking after children, working from home etc.

If you have been contemplating about taking part in this challenge and are unsure whether it is for you or not, please have a look at our latest video where participants have shared their experience.

<https://www.youtube.com/watch?v=f7SOOC07DI&t=2s>

We are now taking bookings for our 4<sup>th</sup> round of 7 Day Home Yoga Challenge and we would be delighted to have you join us. This challenge extends past a 1-hour class, where a key principle is to encourage yoga to be taken as part of your day-to-day life. Another important principle that we are trying to encourage is to take the practice further; independently, and this is why we have 5 Zoom classes and 2 self-practices where we will send you a unique set class to complete. We also offer an additional coaching session that is optional for you to take in the week.

[Book Now](#)

## Online Yoga Classes



Our online classes are available via Zoom and are **interactive** 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=N\\_LoAUcgrgs](https://www.youtube.com/watch?v=N_LoAUcgrgs)

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

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