

The Wellness Centre

(CASTLE QUAY)

Yoga Philosophy...

Yoga is union; a balance of mind and body...

Yoga offers to turn your focus to the internal, ever changing landscape and micro cosmos of your being and find inner peace and equanimity. Yoga, like life itself, is infinitely creative, expressing itself in a multitude of forms, recreating itself to meet the needs of different times and cultures. It's liberating to realize that the yoga poses are not fossils - they're alive and bursting with possibility.



That's not to say that honouring tradition is unimportant. It's vital to honour the common goal that has united Yogis for centuries: the quest for awakening. For thousands of years, yogis have sought to contact directly the luminous source of all being; and for Hatha Yogis in particular, the vehicle for touching the infinite spirit has been the finite human body. Every time we step on the mat, we can honour tradition by "yoking" - the original meaning of the word "yoga"- our purpose with that of the ancient sages.



Hatha yoga, which is the physical form of practice including Yoga postures (asanas), breathing practice (pranayama) and cleansing exercises (kriyas), translates as sun and moon. Just this knowledge explains the Yin and Yang aspects of a broad, inspiring, calming, energising, fluid yet grounding practice with deep ancient roots from a broad range of spiritual masters. Why limit ourselves to only one form of Yoga when we can benefit from them all creating a clear mind, steady breath and subtle body? There is such a vastness of knowledge and the tree has many branches but it is important to remember they all come from the same tree.

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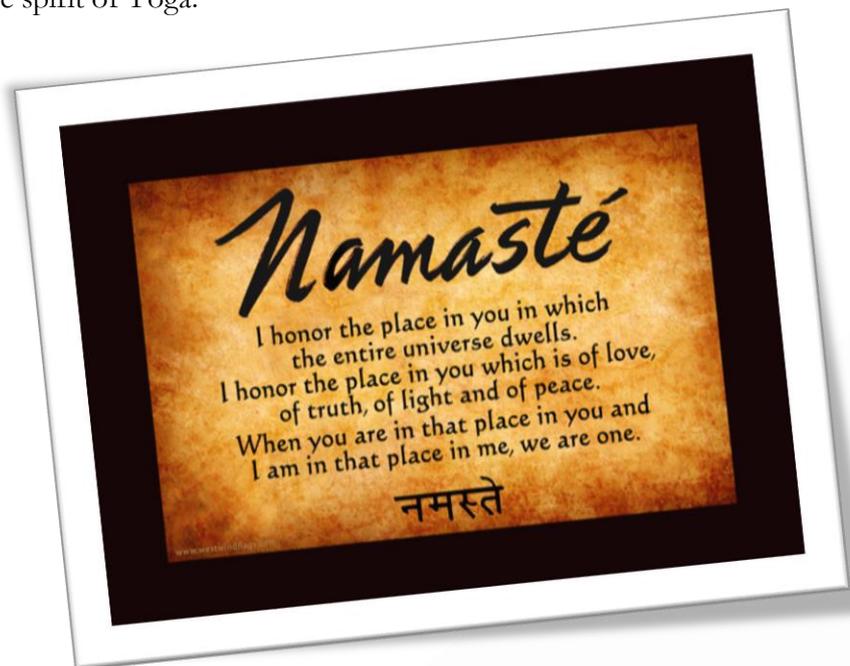
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Yoga asks us to walk a razor's edge, to devote ourselves wholeheartedly to a particular pose, while fully understanding that on another level, the pose is arbitrary and irrelevant. We can surrender to the poses the way we surrender to incarnation in general - letting ourselves pretend, for a while, that the game we are playing is real, that our bodies are who we really are. But if we cling to the form of the poses as ultimate truth, we miss the point. The poses were born from the practice of Yogis who looked inside themselves - who experimented, who innovated, and whom shared their discoveries with others. If we're afraid to do the same, we lose the spirit of Yoga.

Happy practicing..!

Namaste.

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