

# Info

## Classes

Nine classes a week

Power Flow is a strong Vinyasa Flow, with a couple more side planks and core work.

Mind Body Yoga community classes on the Thursday are more or less the same style, where 2 of 4 classes are the chair version. Slow mindful class (not quite a restorative) Participants will practice tuning into their bodies and get a deep stretch.



## One Love Meditation session

Every Monday at 7pm, participants will login to prepare for the sit which starts at 7.15pm. The sit is 30mins. After the sit, participants are of course welcome to continue, others may want to check back in and share, and others might decide to go about the rest of their eve. Whilst the reason for logging in is to help prepare and ground oneself, like an anchor, participants are of course welcome to partake independently without logging in. Other groups rooted in with the same intention will be running sits in tandem to this sit - One Love!

The baseline technique for this session is a variation of the Loving Kindness Meditation.

This sit interdependently follows on from the global meditation sit hosted by Global Peace Meditation.com, that was on April 05. Following the positive effects and feedback from the the sit I have decided to run a weekly meditation group continuing the theme of meditating and praying together in unity and love, in view to heal and protect all who live on our planet.

Interesting links:

Article showing the possible effects on the earths geomagnetic field following April 05 sit <https://truththeory.com/2020/04/06/global-mass-meditation-coincides-with-spike-in-the-earths-geomagnetic-field/>

YouTube audio describing the potential benefits of meditation especially at this time: <https://youtu.be/evTPGbPLQGA>