



If you have been led to believe that Yoga is about getting flexible, and maybe learning some breathing and relaxation techniques, then guess what – you have been sold a pup!

Is Yoga all about being kind to yourself?

Is Yoga about meditation?

Well, no it is not just these either, although all of these things can definitely be aspects of your practice.

The world Yoga means UNION.

And often when well-meaning Yogis describe this further, they will say things like 'union of the breath and the body', or 'union of mind, body and soul', and even though these are definitely closer than getting flexible or having a nice relax, they miss the full essence of Yoga as well.



The Union that Yoga refers to is the union of the small, individual self with the one big expansive Universal Self.

The union of the one you call 'me' with everything else.

Maybe we call that everything else 'Universal consciousness', 'mother nature', 'God', 'Shiva', 'Buddha nature' or something else. In the end the names don't matter, it is the experience that counts.

Yoga recognises that there is one big whole.

There are lots of aspects of this whole but they are not separate, just as the drop of water on the edge of the wave is not separate from the ocean. This is a 'non-dual' understanding, rather than a 'dual' (God PLUS me) understanding.

So there you have it.

You don't have to take anything on belief though.

It is an experiential practice, and getting to this experience explains why there are so many different practices in the name of Yoga.

So many different ways up the mountain!

Everything I teach in the name of Yoga is to help you to a state of feeling complete and whole, to help you feel that sense of connection and inner freedom.



To get out of your thinking space and into a quiet (and maybe blissful) 'watching' space. That is where the experience of life changes.

The way to that experience can be through movement, breath-work, self-study, mindfulness, contemplation and stillness.

Wherever you are on the path of Yoga, enjoy your practice!



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