



namaste

# Newsletter

Feb 2015



# I Am That

I have felt a longing for a long time. The closer I get to the Divine the stronger, and often more painful, that longing gets. I often get restless, fed up and even look down upon the endless “worldly” things I have to do, say and be, to go through an uninvited adulthood.

And what hit me as a strong realization recently was something that my teacher lovingly told me as I sat at her feet and sobbed at how I couldn't bear the longing to God for a second more. She said “You have always been with the Divine, once you realize that, there will be no suffering”.

All my mind could do with that is think. And thinking often doesn't work. It took me many hard lessons to realize that my adoring eyes that falling upon saints, teachers and spiritual heroes should have also fallen upon me. The teachings that came through them also can come through me. The love they radiate so brightly also lives within me. Not my body, or mind, or story, or idea of who “I Am” but the “I Am” that lives in me and you and trees and birds alike.

And like all spiritual experiences trying to put this realization into words fails to deliver the profound peace that comes with understanding the Divine essence of who we are and so this poem that came through, as I became more silent, attempts to do that.

I rest in my mother's womb  
With my eyes closed, fixated on You  
A lightening, a chill and boom!  
I no longer knew  
Felt that hallow in my belly  
Thought it was hunger  
I cried  
And though mother's breast arrived  
Her love didn't suffice  
I had a mother, I remembered  
I just didn't know who  
My heart was longing for You

I couldn't bear the separation  
Always chased new destinations  
Begged to be reunited with that nectar  
I didn't know I didn't have to go far  
All you asked me is to rest on your palm  
All I had to do was trust and stay calm  
You'll carry me the rest of the way  
And yet I long till this day  
For I have not yet realized in a head so wrong  
That you had been within me all along



1 . Yoga for Beginners



2. Heart Chakra & Self Love Workshop



3. Empower Your Life Yoga Workshop



4. Schedule

# Yoga for Beginners

Mondays and Wednesdays

6:30-8:00pm

Starting 9 Feb 2015



Start or deepen your Yoga journey in a fun, nurturing and safe environment that aims to create a strong foundation for a healthy and injury-free yoga practice helping you relieve physical pain, reduce stress, find more mobility, increase joy, build strength, improve health and give you more energy.

This 12 class course focuses on the breath to still the mind, open the heart and heal the body. You will explore correct breathing techniques, proper alignment, the basics of Yoga poses and their benefits in alleviating physical ailments.

This series is open to absolute beginners regardless of adult age or size, as well as to those students with a background in yoga who wish to improve their yoga practice.



**BD70**  
**(12 classes)**

# Heart Chakra & Self Love

## Healing the Basis of All Relationships

Sat 21<sup>st</sup> Feb 2015 5:30-8:30pm

This workshop by Bahrain Reiki Center and Namaste present a workshop that aims to shed light on how our relationship to others is always a direct reflection of how we relate to our own selves. All external blocks we face in work, love, health or money are mere reflection of internal blocks we hold in our hearts to appreciating our ownself and more fully committing our purpose in life. By releasing our heart chakra we allow energy to flow making us feel more love and joy.

During this session, we will work on releasing blocks caused by past memories, hurts and experiences through meditation and heart-opening yoga in order to heal and expand the powerful energy of green in our lives, which in turn allows for more romantic pink.

**Teachers:** Waleed Hashim, Reiki Jin Kei Do Master & Weam Zabar, ERYT200 RYT500

### Who is Waleed?

Waleed inspires to leave this world a better place. To expand his capacity to give and receive love.

Waleed is a Reiki Jin Kei Do and EnerSense Master who specializes in the area of human interpersonal relationships. He gives courses and healing sessions aimed at empowering individuals to their creative energies and truest potentials. Courses are designed to uplift and cause a shift in various areas of life including career, health, money, creativity & love.

Waleed has lectured in a variety of governmental and private institutions in Bahrain, Dubai & Kuwait. His courses include the Energy of Love, the Innerchild and the Relationship Classes. Before becoming a Reiki Master, Waleed was a corporate lawyer for 10 years with a degree from the London School of Economics & Political Science.

More details on Waleed can be found on [www.bahrainreikicenter.com](http://www.bahrainreikicenter.com)



**BD20**

# Empower Your Life with Yoga

## An interactive exploration with Yoga Therapy with Chris Kummer

16-18 Apr 2015



Chris Kummer presents a practical workshop series that introduces the basis for building healthy habits to enhance yoga practice and daily life. Chris offers basic concepts and foundations for well-balanced postures by bringing increased awareness to our bodies and movement through yoga practice and anatomical explorations to improve our well-being. Participation is open to anyone with an interest in movement.

### The Schedule

#### Thursday 16th April

6:00-8:30pm Building the Foundation – The Feet

#### Friday 17th of April

3-5:30pm Hips & Pelvis

6-8:30pm Free the Spine

#### Saturday 18th of April

3-5:30pm Shoulder Stability

6-8:30pm The Knee, Alignment and Practice

More details on Chris can be found on [chriskummer.com](http://chriskummer.com)

For details please visit [www.namastebh.com/workshops.html](http://www.namastebh.com/workshops.html)

**Price:** Single Session BD35

Full day BD65

Full Weekend BD120

Early Bird\* BD100

\*book before 28 Feb



# Feb 2015



Time	Sat	Sun	Mon	Tue	Wed
10-11:30am			Mixed Level* Weam ♀		Mixed Level* Weam ♀
11am-12:30pm	Intermediate Rami ♂♀				
5:6:30	Intermediate Ranya ♀		Intermediate Njood ♂♀		Intermediate Njood ♂♀
6:30-8pm		Intermediate Weam ♂♀	Beginners* Weam (TBA)	Intermediate Weam ♂♀	Beginners* Weam (TBA)
			Intermediate Aisha ♀		Intermediate Batool ♀

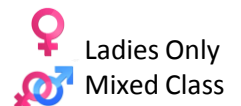
Intermediate classes are only open to students who completed the beginners' course.

Teachers may occasionally vary

\* Booking required



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Ladies Only

Mixed Class

