



The Centre for Purposeful Living

Spring Newsletter

November 2021



News and Update

It is easy to accept the 'new normal' and in many ways I too have fallen prey to this. Finding a balance between self-preservation and opening up to living in what feels like a more fearful world, I have held back, and have been less inclined to jump at opportunities. There is more to consider it seems; just getting in the car and venturing out has increasing implications. Yes, there is Covid, but I have a sense of increased inequality, poverty (and therefore crime), corruption, and environmental disasters which have all tainted the flavour of my immediate world and have kept me at 'home' more than ever.

Opening up then is exactly what is needed. Time to rebuild and reconnect, embracing this journey of human consciousness, finding joy and meaning, compassion and desire. Time to be, more than ever, in our bodies and to embrace our complete array of senses in the celebration of being alive, and to connect with this precious, present moment.

Over the past months **Jason's Psychology practice** has gradually opened up to 'face to face' consultations, with vaccinated clients initially. Online consultations have been busier too, with clients in London, Berlin, Paris, Washington DC, Cape Town, and travelling clients are more likely to continue their therapy process 'on the road'. When not consulting, Jason is working on his PhD through a progressive university, GCAS, based in Dublin. This is such an exciting, transformative project, one which is allowing Jason to reinnervate his therapeutic approach as he explores the meeting place between Secular Buddhism, Existential philosophy, and Psychoanalysis. He is, more than ever, determined to find a way of doing therapy that is not pathologizing of our thought and behaviour in response to the struggles that we face.

The **NPO's** feeding schemes have been busy, with ongoing deliveries of food parcels, soup jars, vegetables, and a large variety of donated goods. Since June 2020, we have not missed a weekly delivery of fresh boiled eggs and peanut butter sandwiches to the residents of our neighbouring informal settlement Pholani. We have established a 'toy library' and hosted several crèche days in Pholani but our uphill struggle to establish an Early Development Centre there has not been successful to date. This has been frustrating and deflating, but when people are divided in so many ways, united only in their struggles for survival, children's futures are sadly forgotten. I have not given up and the Centre will team up in the new year with other NGOs in the fight to provide an education for these young vulnerable children, mostly removed from their cultural roots.



In other news, I have recently qualified as a **Yoga teacher**, completing my 250h teacher training. I am slowly building my experience of teaching Yoga: a more grounded experience than my flying instruction of many years ago, but it is still about remaining conscious and being present in this very moment. With flying one must continuously anticipate the next moment, always on the look-out for what can go wrong! Yoga, as in mediation, is an opportunity to let go of navigating time and place, and to find what arises in this moment, in ourselves, free from the constraints of the 'self' we have created for ourselves.

I so look forward to offering Yoga on our upcoming retreats. **Yoga is for everyone** and is an appropriate way to remind ourselves that we *live in our bodies*, we breathe *through our bodies* and in this way (as in many other physical and metaphorical ways) we are connected to our environment and to each other. Gentle or flowing movement, loosening joints, increasing circulation, connecting to breath, is a good preparation for sitting meditation.

In the meantime, I am offering a Dana (donation) based class at the Centre on **Wednesdays at 6.30am**. Contact me for bookings.

And finally: Jason and I will be away from the 24th of December to the 2nd of January and are looking for **house sitters** for the Centre and our home. The 3 resident dogs and the chickens will need a little love and will give a whole lot back. There is a pool, big garden, sea view, 2km to La Mercy lagoon, 7 km to Umhloti beach. The property is secure. We hope someone can enjoy the space while we are away. Please contact me if you are interested.

We are excited to invite you to upcoming events and look forward to new opportunities for the Centre's use. We would like to offer the space for retreats, workshops, classes and functions in the new year. We will be hosting regular retreats, Sanghas and workshops - starting at the end of January with the remarkable Carey Would's "**The Body as a Refuge: a day of Exploration**"

We invite you to join us in building a community interested in what it means to be fully alive in our times.

Fiona Britton

November and December Events:

- **Sat 20th Nov** **Myofascial Release ball class** *with Nicky v.d Hulst*
- **Sun 21st Nov** **Nibs Van Der Spuy: A Meditation of Melody**
- **Sunday 19th Dec** **Sunday Sangha: Beyond spiritual materialism - A Phenomenological look at Mindfulness practice.**

Weekly Events:

- **Yoga - Tuesdays 6.30am** *with Carey Would*
- **Yoga - Wednesdays 6.30am: Donation based class** *with Fiona Britton*



“The **Myofascial** system comprises the **muscles and fascial** systems of the body. The fascial system is a Connective tissue system that relates to every other system in the body and is highly influenced by external stimulus, eg. **physical trauma**, and internal stimulus, eg **emotional stress**. Because the fascial system is a living, dynamic system, we have the opportunity to change the quality of our fascia through movement and fascial release massage/therapy! Myofascial release ball work is a **yin technique**, as prescribed by Tom Myers and Karin Gurtner, to **unwind, unbind, heal the fascia and release us from pain patterns**. MFR ball classes are like a **delicious self-massage** that allows a more conducive environment for the circulation of lymph and blood, optimal nerve conduction and linear force transmission through bodily tissue. It promotes the release of endorphins, strengthens the immune system and aids in the recovery from disease and injury. These classes are for **EVERYBODY!** No physical ability is required, and the classes are introspective, restorative, meditative and healing”



WE ARE PROUD TO BRING YOU

*Myofascial release ball
class with Nicky v.d
Hulst*

A gentle release of the jaw, neck
and shoulders

SAT 20TH NOV 2021

08.30-10 AM

THE CENTRE FOR PURPOSEFUL
LIVING, LA MERCY, KZN
R200 INVESTMENT

Booking essential
on 0825729873.



CENTRE FOR PURPOSEFUL LIVING

NIBS VAN DER SPUY



A Meditation of Melody

DATE: NOV 21, 2021, 1PM
34 COULL DRIVE, LA MERCY, KZN

MUSIC & LIGHT MEAL R250
KIDS WELCOME R100
BOOKING ESSENTIAL FIONA@UNTWISTED.CO.ZA
061 497 3551

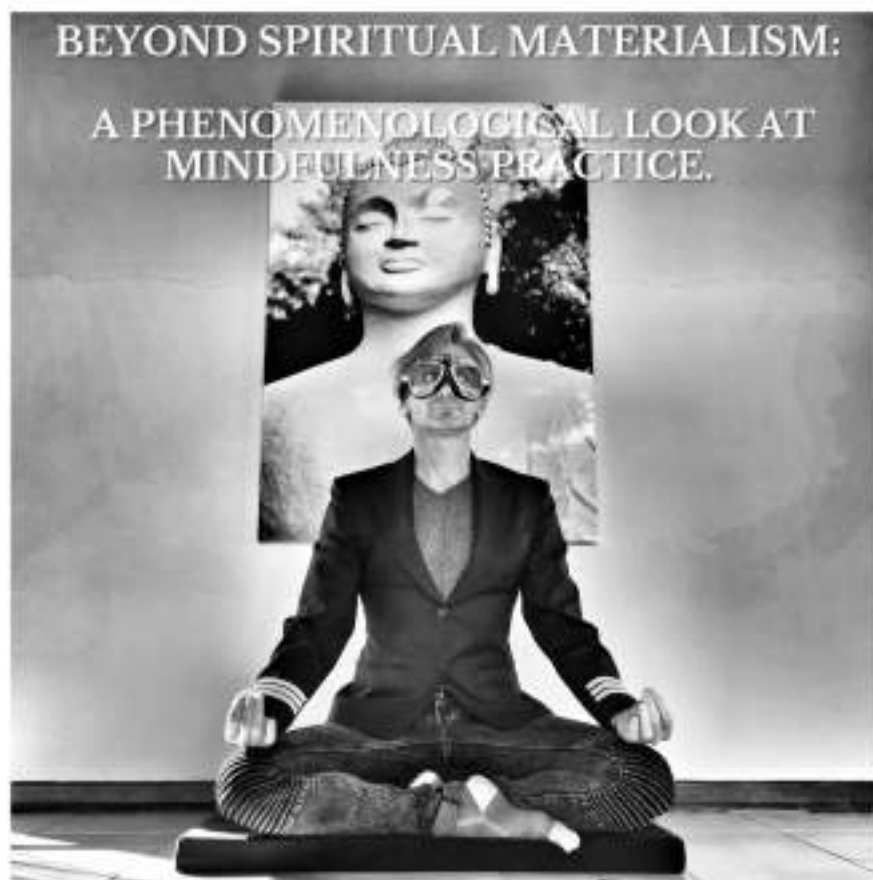
- Contact Fiona with dietary restrictions. Serving more than just Nibbles
- Tea, coffee included. BYO. Soft drinks on sale
- Surprise opening act



“Mindfulness” has made its way into our everyday language. But what does it mean to be “mindful”? Psychologist and Philosophy researcher, **Jason Ross**, will be exploring the **phenomenology of meditation** as a means of better understanding human consciousness. The field of phenomenology investigates the **nature of human consciousness that cannot be explained from a purely natural scientific perspective**. It follows the work of great European thinkers like **Husserl, Sartre, Merleau-Ponty** and **Heidegger**. Jason explores the **Buddhist origins** of mindfulness practice through the lens of phenomenology in order to elucidate the benefits of mindfulness beyond simple coping mechanism in response to our stressful modern lives.

THE CENTRE FOR PURPOSEFUL LIVING

SUNDAY SANGHA



**Breakfast, Talk, Discussion & Guided
Meditation**

**SUNDAY 19TH DECEMBER 2021
9 - 11AM**

No Fee
Dana (donation) welcome
Bookings: fiona@untwisted.co.za



**The Centre for Purposeful Living
La Mercy, KZN**



Yoga with Carey

Tuesdays: 6.30 am

R100 in person/per screen

To book: fiona@untwisted.co.za/0614973551

Classes are led with an emphasis on MINDFULNESS. A slow flow and steady paced class suitable for all levels of experience.



Jason Ross is a psychotherapist with an appreciation for how therapy should not be limited to the traditional consultation process. Jason has a particular interest in merging psychotherapy with Buddhism and existential philosophy.



Fiona Britton manages the Centre for Purposeful Living. She has journeyed through various careers, ranging from a Camera Assistant in film to an Airline Pilot, travelling extensively. She has a passion for Yoga. As life's traumas took their toll, she has been able to find refuge in her body. She has a deep love and appreciation for Buddhist practices.

