

Yoga – religion or a health practice?

Have you done your Joe Wicks class this morning?

Whilst more of us have exercised in different ways recently; millions of people worldwide already start their day with yoga.

For some, like Buddhists and Hindus this forms a part of their religious practice. For others it is a challenging yet relaxing way to stay healthy and mindful.

To learn more about the role of yoga in religion watch this beginners guide:

<https://yogaclicks.com/blogs/yoga-faqs/is-yoga-a-religion-a-beginners-guide>

Try some student friendly yoga at home:

<https://www.youtube.com/watch?v=7kgZnJqzNaU>

As a challenge, try to do some stretches or yoga moves whilst on your daily exercise at the beach or in the park.

I did some yoga whilst on the small beach in North Shields last week. I did some planks and leg raises. It felt a little strange at first, however once I realised nobody was watching or judging, I was able to relax and enjoy the experience.

Religious festivals – May and beyond

DID YOU KNOW...that today is Ascension Day for most of the world's Christians? What does that mean?

Did you know the Muslim festival of Ramadan ends on Saturday?

We live in a multi-faith society in South Tyneside.

Have a look at the multi-faith festivals calendar to find out what people in your community might be celebrating in the coming days / weeks / months.

CHALLENGE...using the multi-faith calendar, choose a festival from one of the faiths in South Tyneside. Put the date in your diary. Contact a friend or a neighbour on that day to wish them a happy day.

EG, on Saturday 23rd May, contact a Muslim friend or neighbour to wish them a Happy Eid.

LEARN...about upcoming religious festivals from the interfaith calendar:

<https://www.reonline.org.uk/festival-calendar/>

TRY...to research about one of the lesser-known festivals in the month of May;

Wesak / Buddha Day:

<https://www.bbc.co.uk/bitesize/guides/zd4dtfr/revision/1>

Lailat-ul-qadr / Night of power:

<https://www.bbc.co.uk/bitesize/guides/zhbpfcw/revision/3>

Ascension Day:

<https://www.bbc.co.uk/bitesize/guides/ztm24qt/revision/12>

Worship at home

Everything is happening at home presently! With churches, mosques and places of worship closed to the public; more people than ever are worshipping at home. How does that look for different faiths?

Learn about how different religions worship at home

<https://www.bbc.co.uk/bitesize/guides/zwkjpv4/revision/2>

<https://www.bbc.co.uk/bitesize/guides/zcc86sg/revision/2>

<https://www.bbc.co.uk/religion/religions/sikhism/ritesrituals/worship.shtml>

<https://www.bbc.co.uk/bitesize/guides/zhnhsrd/revision/4>

Try if you are a person of faith; plan how you can practice your religion at home.

Challenge: Regardless of whether you have a faith or not; lighting a candle is a universal sign of remembrance and hope. Light a candle for a loved one, or for your hopes for the future.

NHS applause – spare a thought.

Thousands of NHS and key workers will miss the opportunity to celebrate Eid with their families this weekend. Let them be in your thoughts if you partake in the applause at 8.00pm tonight.

APPLAUD our **NHS** heroes

Join us at 8pm tonight to say thank you.

