

Let's explore and reclaim pleasure

Post by "Godfrey" of September 26, 2021 at 5:28 PM

A couple of quite pleasurable activities that I've recently begun are restorative yoga and meditation. Although I've done both activities for years at a time in the past (yoga having been far more active than passive), I'm pursuing them free of dogma and with no "path" and am discovering a new and somewhat guilty and decadent pleasure in them. Which somehow makes them even more pleasurable!