

Making friends as an adult

The more we grow up, the harder it seems to get to know new people, and even more difficult is to make new friends. Somewhere along trudging through school to college to work, most have lost the concept of making new friends. That is partly because it seems more like a chore now than ever before, and partly because some are just afraid of opening up to new people in an already tough and scary world. While being friends with your mates from school is great, it is also great to find likeminded people in your new circles, be it a new work place, town or country.

GO OUT MORE

Social events can seem just like work, but instead of dodging all of them, pull yourself up, and head out the door. Not only will this expose you to a whole bunch of people, some of whom could possibly be a new friend for you, it could introduce you to someone similar in being just as lost at befriending people.

TRAVEL WITH A COLLEAGUE

Change up your travelling plans by inviting someone from work you want to get to know better instead of the same friend from high school. Travelling is a great way to really get to know people and a better way to interact and have each other's back. You will be good friends, if not best friends after your trip, and that's a guarantee.

VISIT YOUR NEIGHBOURS

Times today are such that we do not even know if we have neighbours anymore. It will not only be a nice gesture to go over with some food, but by the time they return the favour, you guys will most likely become friends as well.

DO VOLUNTEER WORK

When you work contributing your skills doing something you love, you are more likely to come across more people with similar interests, and when you do, it will become easier to befriend someone. Working together for a cause with a group of people is the easiest way to get to know new people.

THROW PARTIES OR GO TO ONE

Invite all your close friends, and not-so-close friends, aka acquaintances, so you can all get to know each other better, and maybe hang out in the future as well. Going to parties has the same effect where you keep meeting these people outside of work, eventually becoming more than just acquaintances.

VISIT A LIBRARY

Visit your local library, and go to the section you love most. Because there, you will find people with similar book interests and possible new friends. Make conversation about your similar book interests, join each other for more discussions and eventually, find yourself making a new friend.

Making friends can seem less of a chore if you enjoy the process, and having good company around you can make the world seem a bit brighter, so best get off of our couches, get active and find ourselves some friends.

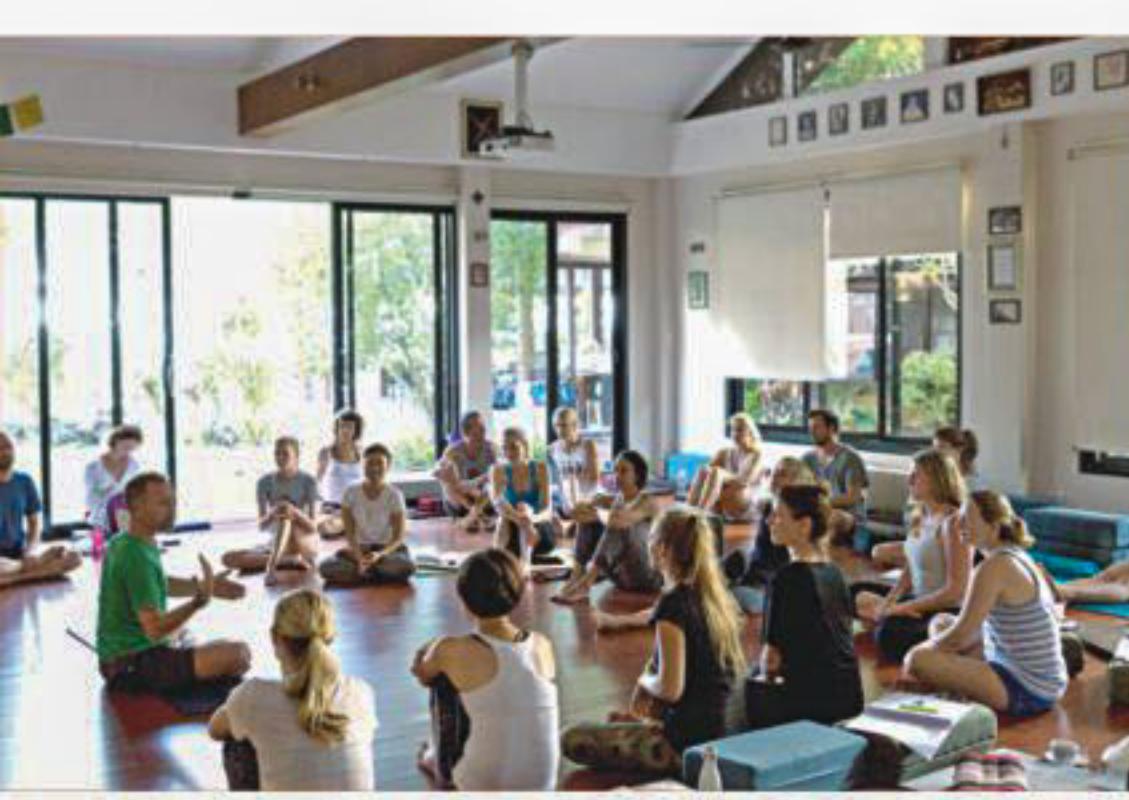
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KUNDALINI RISING

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Healing Experience in Thailand

Many of my students ask me for recommendations of places to go to learn more about yoga. Last month, I had the opportunity to spend two very tranquil weeks at a resort in Thailand. This place, called Samahita Retreat, is magical in many ways.

The course I took was a holistic immersion into three limbs of yoga. The daily practice consisted of two hours of breath work (pranayama), two hours of meditation (dhyana), one hour of chanting, as well as one hour of exercise (asanas). The result was transformative and healing. I came out feeling calm and fresh, like my mind full of worries had been cleaned out and I experienced a new spark of joy.

Samahita Retreat is one of the best places to go to for healing and growth for a few reasons.

Experienced teachers: The teachers are qualified and gentle in their technique. With many years of experience, these teachers help students progress in their yoga practice. The adjustments are suitable for students of any age and in my course, there were three gentlemen in their 70s looking great!

Organic food: The meals were a special pleasure at Samahita as they were all prepared with fresh, organic ingredients suitable for vegan diets. You could eat to your heart's content and still lose weight!

Beach and waterfall: Samahita is



located on the southern tip of Koh Samui, a beautiful island in Thailand. Not only was the retreat beach front, it was also only minutes away from a gorgeous waterfall which provided for a memorable hike and nature-loving.

Comfort: The rooms in Samahita are luxurious and comfortable. It was an ideal place to relax and recuperate after months of hard work in the urban chaos of Dhaka city!

Detox services: Apart from the range of yoga classes available, there were also various detox services to support weight

loss and other specific ailments related to digestion (colon cleansing), injuries (muscle and body work), skin problems (natural facials and infra-red sauna therapy) and much more.

Pool and steam room: The pool and herbal steam room were my favourite spots to unwind at the end of the day.

I have been to Samahita several times over the past few years and I strongly recommend this place for your next healing holiday.

Photo courtesy: Shazia Omar