

27 September 2009

The last time I played Five-A-Side football was almost 15 years. Though very tiring and strenuous for the first 30 minutes of play, I found the whole experience rejuvenating and invigorating.

It was a thoroughly enjoyable and rewarding experience watching people gel and has a common purpose and goal. There is a dual purpose here at the heart of today for me.

1) Fund raising.

Both sister charities will benefit financially.

2) Fun and Enjoyment.

As well as individuals getting fit physically through exercise, mentally with Arka Dhyana we kept our mind sound body alert and energised. For me there was however a serious underlying message with regards to physical health and healthy eating.

For those watching they are participating with their adrenalin going, encouraging and supporting the team.

**Myron**

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Watching my dad from the sideline play any kind of football for the first time, I found it funny watching daddy get knocked over but was surprised that he still had in him! He was quite good I thought!

**Khristopher-Ryan (10 yrs old)**

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I hadn't met most of the people before and didn't actually play football but still felt part of the team.

**Darren**

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I was delighted that there so many people attended and got involved in the football. Combined with this, I was also very happy to see so many people came to Arka Dhyana and Guruji's birthday celebration.

**Andy**

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It was lovely to see so many people of varying ages, ethnic groups and cultures playing together with a common purpose. Not only to generate funds that will benefit both charities but we were all conscious of the need to feed the body physically through physical exercise and mentally through Arka Dhyana. I look forward to attending these football session (I watched which did get my heart beat racing) and the weekly Arka Dhyana sessions.

**Sangita**

I believe everyone enjoyed playing football, it was great fun. It made it extra special as we raised funds for both the charities – **CCA (Centre for Conscious Awareness)** and **AMG (Arka Maha-Ganapathy)**. After football, Guruji's birthday celebrations were very special.

I felt refreshed, physically after playing football and Arka Dhyana refreshed me spiritually. – Its like cherry on top of a cake.



As we are going to play football and have Arka Dhyana classes regularly, both these events will raise funds for our charities and its great fun.

**Billu**