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# YOGA<sup>®</sup> MAGAZINE

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FEBRUARY 2018

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Dear Yoga Magazine readers,

**Welcome to the February issue of  
YOGA Magazine.**

When we think of February we often automatically associate ideas of love, Valentine's Day, relationships and romantic dinners, yet some of us may be experiencing a painful breakup. So we have wonderful yogic tips for dealing with heartbreak to get you on the road to healing, and if that wasn't enough, we also show you 14 ways to fall in love with life that's suitable for everyone – despite your current relationship status!

I also focus on one of my favourite pranayama exercises – Kapalbhata – an ancient cleaning technique which involves short and forceful inhalations and exhalations and has numerous health benefits, and we take a closer look at asana and the prana vayus.

This month's guest teacher, Jo Ozden, guides us through three poses for differing levels of ability, before a delightful sequence that will ignite feelings of self-love, courage and freedom, and we profile Theos Bernard, a student of Tibetan Buddhism and a true yoga pioneer.

Plus we take a look at the Scandinavian yoga and wellbeing scene in Sweden and Denmark; Larah Davis shows how yoga therapy can help with anxiety and we look at when a stretch is not a stretch.

NAMASTE

*yogi malik*

EDITOR

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# YOGA<sup>®</sup> MAGAZINE February 2018

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**Yoga Magazine** (ISSN:1478-9671, USPS: 5703) is published 12 times per year by Yoga International Magazine Ltd and distributed in the US by Asendia USA 17b S Middlesex Ave, Monroe NJ 08831. Periodicals postage paid at New Brunswick, NJ and additional mailing offices.

**Postmaster:** Send address changes to (Yoga Magazine) 17b S Middlesex Ave, Monroe NJ 08831.

**Health Warning:** Yoga Magazine trusts you will benefit from the practice of yoga. However, nothing in this magazine should be construed as medical advice. Always consult your doctor before undertaking any exercise program. Neither the Editor nor Publisher can be held responsible for any injury, accidents or damage resulting from ideas or exercises discussed in Yoga Magazine.

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URBAN OM – STOCKHOLM

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YOGA POSES



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# NEWS



## SLIM BY A GYM

A new study published in the Lancet Public Health Journal claims that people who live within half a mile of a gym, swimming pool or playing field are less likely to be fat. The study of over 400,000 people aged between 40-70, also showed living away from fast food outlets was linked to smaller waists and lower BMIs.

## FOOD FOR THOUGHT

According to new research from Binghamton University, New York, youngsters should eat meat more than three times a week to boost their mental health, while older people should avoid white carbs. Meat boosts feel-good brain chemicals in the under-30s, but coffee, cakes and white bread raise blood glucose which increases stress in the over-30s.





## YOGA EFFECTIVE FOR BACK PAIN

A new study involving 150 NHS employees has found that yoga is highly effective in reducing back pain. The yoga practising group received a total of eight 60-minute yoga sessions, once a week for eight weeks, and were encouraged to practise for 10 minutes a day at home for six months, while the education only group received two instructional booklets for how to manage back pain and reduce stress at work. The yoga programme was based on Dru Yoga and included gentle warm-up movements; stretching, relaxation techniques and back care postures. After eight weeks, results showed that most yoga participants had larger reductions in back pain compared to the education group, and after six months, the yoga participants had 20 times less sick leave due to musculoskeletal conditions and visited health professionals for back pain only half as often during the six month study. Those who practised yoga at home for 60 minutes or more improved the most, while ten minutes of practice a day doubled the reduction in back pain.

## BALDNESS LINK TO BAD HEART

Men who go bald or grey young are five times more likely to develop heart disease before the age of 40 an Indian study has found. Researchers found baldness and premature greying are associated with a five-fold risk of heart disease, where obesity was linked to a four-fold risk. Scientists from the UN Mehta Institute in Ahmedabad said men with the conditions should receive extra monitoring.



## BACK PAIN HOPE

A groundbreaking and minimally invasive treatment can give long-term relief from crippling back pain according to a new study. In a trial, 81 per cent of patients with lower back pain and sciatica were pain-free for a year after 10 minutes of image-guided pulsed radiofrequency therapy. A major cause of chronic lower back pain is compressed and herniated discs, where the cushion between vertebrae impinges on and irritates nearby nerves. This new technique, involved a needle guided to a bulging disc using CT imaging, and a probe is inserted through the tip, delivering pulsed energy to the affected area for 10 minutes. From the study, 90 per cent of patients were able to avoid surgical treatment and none of the patients experienced any side effects.





## MINDFULNESS-BASED YOGA CAN HELP YOUNGSTERS DEAL WITH STRESSFUL SITUATIONS

Researchers from the University of Cincinnati looked at the link between stressful life events and an increase in substance abuse, risky sexual behaviours and delinquency in a diverse population of 18-to-24 year old youths. In the 10 year study, they found that practising mindfulness-based yoga can help young people, who are dealing with stressful situations like exposure to violence and family disruption, avoid turning to negative, risky behaviours.



## BREAKFAST IS GOOD FOR THE HEART

Eating breakfast everyday may reduce the risk of heart disease according to new research from Bath University. Their study suggests that the meal affects our body fat cells by decreasing the activity of genes involved in fat metabolism and increasing how much sugar they take up.

## MEDITATION WITH WALKING REDUCES ANXIETY

A new study published in the American Journal of Health Promotion claims that adding 10 minutes of meditation before or after a brief walk significantly reduces anxiety in university students. The study which involved 110 students in their early 20s, also showed that a 10-minute walk by itself did not result in significant changes in their anxiety, which suggests that meditation before or after aerobic exercise can help reduce anxiety levels more than just physical exercise alone.





## MINDFULNESS MEDITATION CAN OFFSET THE WORRY OF WAITING

In the journal *Personality and Social Psychology Bulletin*, a new study claims that mindfulness is an antidote to the curse of 'waiting'. The study was performed using 150 California law students who had taken the bar exam and had to wait four months for their results. During this period the students participated in a 15-minute audio-guided meditation session at least once a week and completed a series of questionnaires. Researchers found that mindfulness meditation served to postpone the phenomenon of 'bracing' – essentially preparing for the worst – which can be an effective technique for managing expectations, but its benefits erode when it occurs too early in the waiting process.

## 'MAN FLU' IS REAL

A new study published in the *British Medical Journal* found that adult males are often laid low by coughs and sneezes that women can shrug off, due to the male metabolism having a weaker resistance to a host of deadly bugs and viruses. Dr. Kyle Sue of the Newfoundland Memorial University in Canada suggests that men's bodies may have evolved to invest their energies in reproduction rather than in fighting off flu.



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## Yoga Republic

### 200HR YOGA TEACHER TRAINING COURSE, CORK IRELAND.

Yoga Republic is one of Ireland's longest established yoga studios and is endorsed by leading doctors and medical professionals. Pioneers of Yogic lifestyle in Cork, they have initiated a quite Yoga Revolution since 2004.

The studio of choice for sports professionals, leading schools and medical healthcare providers, Yoga Republic is a traditional studio, dedicated to strong physical knowledge and adjustments, based on the teachings of Sri Pattabhi Jois and BKS Iyengar.

Breath guided asana, focus, strong physical adjustments and integrating yoga into western bodies and lifestyles are the emphasis of Sackies Skalkos, the studio's founder.

The knowledge gained from 25 years of teaching thousands of students from school children to presidents worldwide is condensed into this challenging, frill free and practical teacher training course.

Sackies is an advocate of simple direct teaching which allows the practitioner to focus on actions instead of words.

The studio has a strict maximum of 14 students in any class to ensure every student progressing and receives personal attention.

**This course is a 200h teacher training course run over 10 weekends from January 2019 to October 2019 inclusively.**

"Yoga by Sackies is largely recognised as a superior yoga session and this is further highlighted due to his strong appreciation and knowledge of the human body."

~ Dr.Aoibhe O Driscoll.

"Sackies has a very simple logical way of explaining why an asana needs to be done in a certain biomechanical fashion while he twist and contorts you into the correct postures for the asana. He also has an innate ability of knowing which asana suits an individual."

~Shalini Wiseman, Chartered  
Physiotherapist in Womens's Health  
and Continence.

"I cannot speak highly enough of Yoga Republic. I feel that Sackies' classes are a perfect blend of strength, flexibility and relaxation and he takes into account any injury one may have. I cannot recommend it highly enough."

~Dr.Sinead Hurly GP.

"The teacher must want to teach, want to improve and want to inspire. A simple explanation can go a long way in demonstrating knowledge and gaining credibility. Sackies encompasses all of the above."

~ Dr. Jenny O'Hanlon.



**For more information please have look at the website [www.yogarepublic.com](http://www.yogarepublic.com) or call the studio on 00353876560254.**

# COMPE

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# ETITION

YOGA Magazine brings you news, features, celebrity interviews and everything that's new in the world of yoga. YOGA Magazine was launched in February 2003 and recently celebrated its 10th anniversary. Regular features include our Teacher of the Month master class, with poses and sequences for beginners and advanced yogis, nutrition and recipes, and the latest books, yoga products and accessories to enhance your practice and improve your wellbeing. We also feature the hottest organic fashion for on and off the mat, eco beauty, yoga retreats and holistic destinations, alternative therapies, yoga philosophy and spirituality, Vedic astrology and fantastic competitions.

Our first-class editorial covers contemporary ethical topics such as fair trade, cruelty free and eco-friendly products, to organic and Zen gardens. We bring you a wealth of information and knowledge every month, and our contributors are the most respected names from yoga and the fields of mind, body and spirit and include teachers such as TKV Desikachar, Shri K Pattabhi Jois, Dadi Janki, Shiva Rea, Bikram Choudhry, Godfrey Deveraux, Baron Baptise, David Swenson, John Friend, Howard Napper, Krishna Das, Deepak Chopra, David Swenson, Bhagavan Das, Katy Appleton and David Sye; and not forgetting our own in-house expert Yogi Dr Malik.

Our celebrity interviews have included Cindy Crawford, Shilpa Shetty, Christy Turlington Maya Fiennes, Leah Bracknell, Erykah Badu and Olivia Newton-John. We also search out the latest in natural health treatments, uncovering techniques such as flotation tank therapy, aura soma, kinesiology and craniosacral therapy to Ayurveda, Reiki, the Alexander technique, acupuncture, homeopathy and osteopathy for children.

Our A-list experts in the field of health and medicine to complement your lifestyle include Hazel Courtney, Josephine Fairley, Heidi Wyder, Dr Grenville, Gary Quinn, Lynda Brown, Jonathon Monks, Kelly Hoppen, Dr Gabrielle Morrissey and Jacqueline Herron. We've also shown how using these techniques alongside yoga, can help control and aid ailments such as multiple sclerosis, breast cancer, anorexia, ADHD, stress management, backache, allergies, post natal depression and anti-ageing.

To win a year's subscription, just answer this simple question:

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Closing date: 28th February 2018



## BUILDING GOOD RELATIONS BETWEEN PEOPLE OF DIFFERENT BELIEFS

In our diverse society, positive relations between people of different faiths, beliefs and cultures are essential. Unfortunately, we have all seen what can happen when those relations are not as strong as they could be, with recent increases in hate crime and tensions between communities.

3FF, the Three Faiths Forum, has worked tirelessly for over 20 years to build meaningful relationships between people of all faiths, beliefs and backgrounds, and to create a society where difference is celebrated.

3FF creates spaces in schools, universities, and the wider community where people can engage with questions of belief and identity and meet people different from themselves. Enabling people to learn from each other in this way is often the most effective way to tackle ignorance and challenge stereotypes – and create understanding and trust between people.

3FF's programmes reach over 16,000 people a year. They include teachers and students, artists and professionals, political leaders in Parliament and upcoming leaders at university.

The organisation was founded in 1997 to encourage friendship, goodwill and understanding – originally between Muslims, Christians and Jews (hence the 'three' in the name). Today, however, the organisation works with people of all faiths and beliefs, both religious and non-religious.

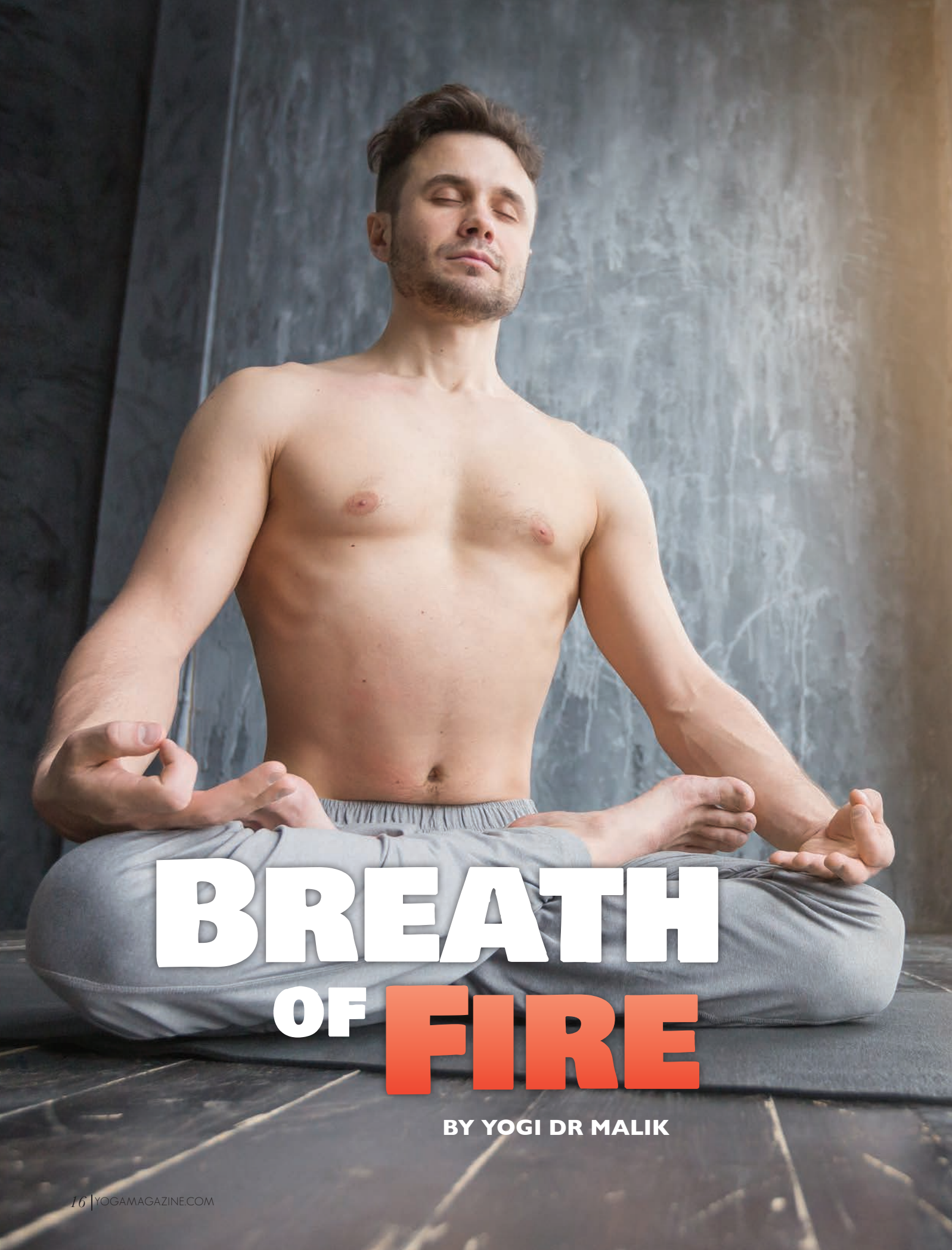
3FF's inclusive approach welcomes everyone – whether they're Atheists, Buddhists, Hindus, Humanists, Zoroastrians, or identify with any other belief.



Everyone is welcome to join in building a more connected and supportive society. 3FF believes that intolerance has no place in society and that diversity adds value.

If you share 3FF's belief in a more inclusive society, please get in touch and get involved.

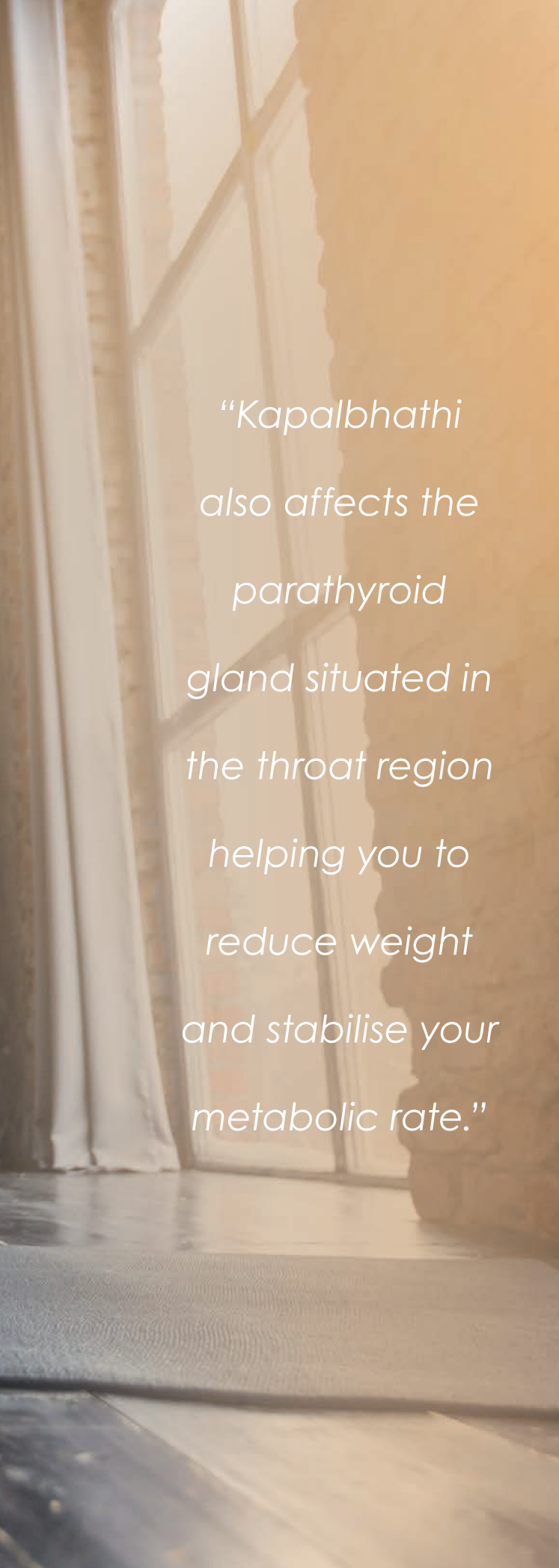
Find out more: [3ff.org.uk/get-involved/](https://3ff.org.uk/get-involved/)



# BREATH OF FIRE

BY YOGI DR MALIK



A person is seen from behind, performing Kapalbhati yoga in a room with large windows. The person is wearing a dark top and pants, and is in a dynamic breathing posture. The room has a light-colored floor and a yoga mat is visible in the foreground. The text is overlaid on the left side of the image.

*“Kapalbhati  
also affects the  
parathyroid  
gland situated in  
the throat region  
helping you to  
reduce weight  
and stabilise your  
metabolic rate.”*

Kapalbhati is one of the most famous breathing exercises in yogic practice and is a wonderful cleansing aid used by students and teachers of Kundalini yoga. It is known to awaken the Kundalini energy and move the subtler life force energies through the body cleansing out toxins.

Although a difficult exercise to perform if you are a complete beginner, once mastered it will dramatically increase the powers of the senses and improve your health. As with all cleansing exercises, Kapalbhati will help you rid yourself of nasty impurities that have a tendency to make home inside your body and embed themselves into your skin, where if left unchecked cause disease and slow down body function, resulting in lethargy and general lack of shine and beauty.

As you become older your body loses flexibility. Young children are flexible and agile because their bodies have not yet been exposed to the level of toxins and pollutants that older people have. Toxins have a habit of accumulating in the body, especially settling in the tubular channels including the nerves, throat, and so on. They settle and if not cleansed out will continue to build. You can compare it to layers of mud or candle wax. This will stop blood from flowing through properly and at the speed it should. It slows down. The results include high/low blood pressure, heart problems, stroke and other related conditions. Yoga says eat natural foods, cleanse the body with natural cleansing exercises and clean out the pollutants.

When performing yoga asanas, generally there is a basic principle at work. In all the exercises, you are stretching the body, relaxing it, stretching it, holding it, relaxing it. These movements remove the build up inside caused by the pollutants. Such exercises include the Cobra, which cleans the kidneys and Plough that works on the heart. Pranayama exercises such as Kapalbhati will cleanse out the body using breath and the life force energy.

When you perform Kapalbhati your nervous system is directly affected and it also stimulates your glands, especially the pituitary. It also controls the movements of the heart and advanced level yogis can control the pulse rate of the heart through using this exercise. Masters of yoga can stop the pulse of the heart and go into long Samadhi for days.

Kapalbhati also affects the parathyroid gland situated in the throat region helping you to reduce weight and stabilise your metabolic rate. Your eyes will also receive a good energy boost as the quick inhalations and exhalations of this exercise refreshes the eyes. The nose and throat also receive a burst of energy enabling them to function better. Through passage of time, the

practitioner of the Kapalbhathi becomes more active and fresh looking, and it helps to control excess body weight and improve clarity of thinking.

**Before performing Kapalbhathi, keep in mind the following:**

- Blow and clean out each nostril as this helps you inhale and exhale breath quicker.
- Do not eat at least 2-3 hours before performing this exercise, as it will slow down the body.
- Select a well-ventilated room for performance of the exercise otherwise it will affect the manner in which you breathe. If you cannot find such a place then perform the exercise near an open window.
- Wear loose fitting clothes, as tight ones will make it more difficult for you to inhale and exhale breath.
- When this breathing exercise is performed you have to sit in a certain posture to derive maximum results. For centuries, the yogis have used Padmasana (Lotus). If you are finding it difficult to sit in this posture, try Cross-Legged (or 'Easy' pose as it is known).

You should note that there are hundreds of benefits of performing the Lotus posture and many, if not all, yogic and similar disciplines including Zen use this asana in their practice. The Lotus posture is also used in religious practices including Buddhism, Hinduism and Jainism.

**The physical benefits of Lotus include:**

- Strengthening and firming of the knee cartilage.
- Easing the pain experienced by arthritis and rheumatism.
- Toning the muscles of the legs.
- Increasing the flexibility of the spine.
- Refreshing the flow of blood.
- Cleansing the chakras.
- Activating and strengthening the nadis in the body.
- Making the abdomen firmer by reducing the fat accumulated in the area.
- Lotus is excellent for meditative practice, enhancing the movements of energy through Ajna (the centre of intuition).

**How to perform the Kapalbhathi**

- Sit down in either Lotus or Cross-Legged posture.
- Keep your neck up and spine straight.
- At the beginning of this exercise put your left hand onto your belly but don't press down too hard. This will also help you appreciate that you are actually performing an exercise.
- Close your eyes and inhale breath through the nose. Keep your mouth closed. When you do this feel the breath entering the nostrils by concentrating on it.
- When you are doing this push your belly button with your hand and exhale breath out.

*"The Kapalbhathi  
should be  
performed  
everyday for at  
least 5-10 minutes  
and preferably  
early morning  
on an empty  
stomach."*





There is a time limit on how long you should hold the breath or exhale which is important, and it is the underlying process of this exercise and that which differentiates it from other breathing exercises. The time should be 1 second when inhaling and 1 second when exhaling. Ultimately, after practice, the time should be reduced to 1/2 a second and then 1/4 of a second and so on, until you are inhaling and exhaling quickly, almost as if you are sniffing. (You should know when you have mastered the exercise because the sound of your breath will be as if an instrument is cutting and slicing the air - in your case it is the breath).

The Kapalabhati should be performed everyday for at least 5-10 minutes and preferably early morning on an empty stomach. If you have eaten, wait at least 2-3 hours because that will process will have slowed down your nervous system.

Because the exercise has a forceful impact on the lungs you should not practise if you are suffering from an existing chest, heart or respiratory problem as you may cause more damage. You should stop performing the exercise if you experience any sharp pain, feel nausea and/or faint. If you begin wheezing, immediately stop the exercise and leave for a few days before returning.



positive mind  
positive vibes  
positive life

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Each month, our very own editor and yoga expert, Yogi Dr Malik will answer your questions relating to yoga. If you have a question you would like answering, email: [readers@yogamagazine.com](mailto:readers@yogamagazine.com)



## RESTLESS NIGHT

Hi Yogi Dr Malik,

I find it hard switching off at night, despite following the usual steps of no caffeine, no stimulation etc. in the evenings. Can you suggest any poses that can help me get ready for bed?

Hi Richard,

You should try pranayama exercises to help your body relax such as nadi sodhana. Regarding poses, Savasana (Corpse pose) is one of the best exercises to perform before bed, combined with slow deep breathing. I would also recommend you take a walk for at least 20 minutes in the early evenings, and the occasional hot bath using essential oils such as lavender. You can also keep lavender pillows in your room, or place some lavender under your pillow. Lavender has been proven to be a great sleep and relaxant inducer. Try a cup of chamomile tea in the evening to help your body relax, or try a cup of warm milk and honey – it's an excellent tonic for sleep.

## PELVIC POSER

Dear Yogi Dr Malik,

Can you recommend any yoga poses to help tighten my pelvic floor?

Anne

Dear Anne,

You should practise Warrior, Cat, Cobra and Bow. If you are a seasoned practitioner you may wish to explore the bhandhas – exercises mentioned in ancient texts. Mulabandha and Uddanabandha are excellent techniques I have practised for as long as I can remember. They are essential learning for overall good health and longevity as well as dealing with other related issues such as tightening the pelvic floor region.



A woman with long brown hair is lying on her side in bed, resting her head on a white pillow. She has a thoughtful or slightly concerned expression on her face. In the foreground, a bright pink alarm clock with black bells is visible on a white surface. The background is a plain, light-colored wall.

# SCIATIC HELP

Dear Yogi Dr Malik,

What exercises can I practise at home to help with my sciatica?

Fiona

Firstly, I advise you to speak to your GP to check whether it is sensible for you to engage in any exercise. Your GP could also possibly refer you to any useful manuals or classes to help manage and deal with the pain. Sciatic pain is very difficult to cope with and you are courageous to deal with it. It does depend where your sciatic pain is originating from though as there are many different reasons that can trigger such pain, such as living a stressful lifestyle, or having a physically demanding job. In any event yoga has been known to help patients with sciatica with excellent results. Some poses I can recommend include the spinal twists, Gomukhasana (Cow Face pose) and Garudasana (Eagle pose).

However, it's better to incorporate regular Hatha yoga exercises into your weekly routine, so if you haven't, then join a yoga class, as regular practice will help strengthen your body which will in turn have a qualitative impact on your overall health and wellbeing. Also, don't just wait for the pain to appear – even if it disappears, keep maintaining a regular yoga practice. Essential oil treatments, acupuncture and massage are other techniques that can be used. However, only approach qualified practitioners, otherwise you could make the pain worse.

MY STORY

AWAKENING  
Hope





I started having health problems in my early thirties and was diagnosed as 'terminally infertile' when I was 36. I had already given birth to my first daughter, but I firmly believed that I was going to have another girl.

### The First Wake-Up Call

I remember the moment I was kicked out of infertility treatment and told that I could never bear another child. It was part devastation and part wake-up call. I decided to take matters into my own hands. I researched food and healthy living and found out just how much I had been abusing my own body. From that moment, I changed everything I was putting on and in my body.

As my body detoxed from chemicals and unhealthy foods, I began to feel better. I eventually got pregnant, but I miscarried at 14 weeks. Shortly after my miscarriage, I found out I was pregnant again, ultimately giving birth to my second daughter.

### More Devastating News: A One-Two Punch

Hearing the words "you have breast cancer" more than a decade later shook me to my core. In a moment everything changed, and I began a journey into the unknown.

It was a hard year that followed, filled with decisions, treatments, and a life-threatening infection. Just as my treatments were coming to an end, I got word that my mom's health was failing. A few weeks later I sat at her bedside, holding her right hand in my left and my right hand over her heart as it took its last beat.

At this point, I felt defeated and hopeless. I wasn't sure what the future was going to bring or if even if I wanted to know what was ahead for me. I was exhausted, physically, mentally and emotionally.

### Awakening Hope - The Missing Link

It was my inability to sleep or take a deep breath after my battle with breast cancer that eventually led me to yoga, where I was able to begin the deep work of going inside and becoming whole. I finally started releasing layers of mental and physical holding that had accumulated throughout my life.

Although I was living a healthier lifestyle, I had not addressed what was going on inside my mind and spirit. I didn't realise that my mind was also affecting my body.

I had spent a lifetime holding on to things in my body and my mind. In yoga, there is a saying that "the issues are in the tissues", and mine were well seasoned! My body and mind were like a pressure cooker ready to explode at any minute,

As I moved deeper into my practice the weight I was holding began to dissolve. I started to have hope. I felt stronger, more alive and more at peace. From a health and wellbeing perspective, a mind-body practice was the missing "piece of the pie" for me.

### Moving Forward with Hope

My yoga practice helped me reclaim my life and to move forward after cancer. I don't think about it every day, but it is always in the back of my mind. Yoga has helped me let go of these thoughts and the anxiety that arises from them, and to remember to live in the moment. My practice also reminds me to take better care of myself.

My journey has not been a straight line to where I am today, and there is always work to do. I now know that I have to regularly connect, move, and breathe deeply to keep energy moving in my body. It releases the unwanted build up in both body and mind.

The result is that I get to share something I am deeply passionate about with others. Although I may be teaching, I also receive so much back: I end each day with a full heart, and a good night's sleep.

WRITTEN BY

#### HOPE KNOSHER

HOPE IS A CERTIFIED YOGA THERAPIST & E-RYT AND FOUNDER OF HOPE'S YOGA. AFTER A ROUGH BOUT WITH BREAST CANCER, HOPE TURNED TO YOGA TO HELP HER HEAL. WHEN HER PRACTICE LIFTED HER MENTALLY, PHYSICALLY, AND EMOTIONALLY, SHE EXPERIENCED A HEARTFELT CALLING TO SHARE THE HEALING QUALITIES OF YOGA WITH OTHERS. SHE INSPIRES AND EMPOWERS INDIVIDUALS TO LIVE A MORE JOYFUL AND CONNECTED LIFE THROUGH HER TEACHING, WRITING, CLASSES, WORKSHOPS, AND SOUL-SHIFTING RETREATS. FOR MORE INFORMATION VISIT [WWW.HOPEASYOGA.COM](http://WWW.HOPEASYOGA.COM)

# Ahuya

## ZELOOF

**What are your favourite materials to work with, and why?**

Like many sculptors, originally, when I first trained, I learned how to sculpt with clay. Today I still enjoy working with soft materials like wax and wire that I use to create the structures to my 'Movement' series figures, which have the most obvious parallels with yoga poses. My favourite material and technique is stone and stone carving, it's a more organic process through which I find that the form and figures of the sculpture are already within the raw piece of stone that I select, and my job is to bring the shapes out with my tools. In the last year I have also been excited to start casting both my wax and stone sculptures in bronze. In particular the ability to cast my wax 'Movement' figures in bronze has opened up new possibilities for me to make powerful sculptures in slender forms.





**Tell me more about the connection between your art and your yoga practice. Do you think that yoga inspires your art, or vice versa? Is there a flowing relationship between the two practices?**

Absolutely. There's a fluid relationship between my art and my yoga practice. Both are an integral part of my life and who I am, but it is practising and having taught yoga that inspires my sculpture more than the other way around. I have been practising yoga for close to 50 years now, including through pregnancies. It is something I still practise every day and is very much a part of my life.

The connection between myself and my body, the awareness of the movement is something that both intrigues and inspires me. It is something that I have explored in all types of my work, most particularly in my 'Movement' series of figures in various poses. My more abstract 'Evolution' and 'Fossil' series play more subtly with the human form are also deeply influenced by my yoga practice.

**You started to practise and teach yoga in the 1980s. Is this something you have continued, or has your art become your main focus?**

I actually started practising since the early 1970s! In the late 1970s I felt that I needed to know more about the subject and decided to study it. I taught yoga in the 1980s for over 10 years, and I continue to practise yoga regularly today. Yoga is as much





a part of my life and a part of who I am as my art. I would not be able to choose between them. Yoga helps me to stay strong and healthy in spite of the physical efforts of hand carving stone, and it of course helps me to maintain emotional and spiritual wellbeing.

**You recently held your debut exhibition, 'Evolution'. How did it feel to put on a debut show? And how was the show received?**

Putting the show together was a very natural step in my evolution as an artist. It was daunting to begin with and there was a lot of work involved getting all the sculptures ready, in particular as I had not cast my work in bronze before. It was a nerve-wracking experience up to the point that the work was installed in the gallery, but I had a strong support structure around me. The exhibition was received with open arms by press, visitors and friends and family. Once the exhibition opened to the public it was liberating and provided me with great reassurance as I start working on my next project.

**Do you ever suffer with creative block, and if so, how do you stay enthusiastic and inspired?**

I am constantly documenting my thoughts and taking photographs in order to make sure that should a dry moment come, I have plenty of ideas on hand that I can dip into. Creative block is rare for me, but when it does come I tackle it with all my force and then often end up having to deal with an overflow of ideas. My yoga practice also helps me not to get stressed when my sculpture is going slow.



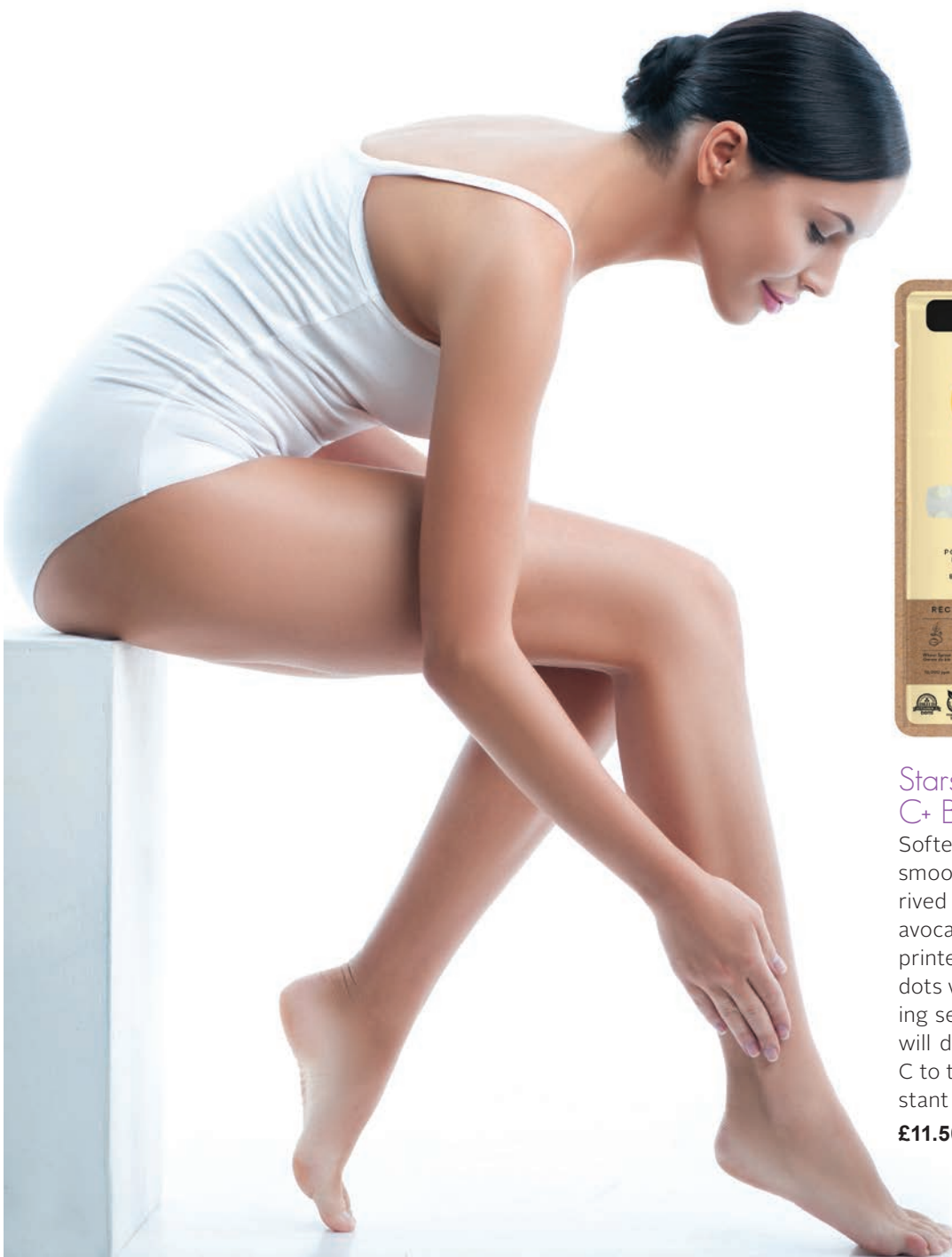
**What are your plans for 2018 – are there more exhibitions in the pipeline?**

I have just finished participating in a group exhibition organised by Blueprint Fine Art which included some esteemed names from the British art world including Peter Blake and David Hockney. I have started a new series of wax body postures based on yoga but with a more realistic approach in the way that I execute those figures. I'm also working on some stone portrait commissions arising out of my recent exhibition which is a first for me. My next solo exhibition will hopefully be around October 2018, and last but by no means least I will continue to be a devoted mother and grandmother.

For more information, visit [ahuvazeloof.com](http://ahuvazeloof.com)

# FEELING FINE IN February

As we near the end of the winter months let's take stock of our skin



## Starskin Juicelab Power C+ Booster masks

Soften, cleanse, balance, tone and smooth in one go with nutrients derived from wheat sprouts, celery, and avocado. Each sheet mask is also imprinted with freeze dried vitamin C dots which is 'activated' via the adjoining serum. Once activated, each mask will deliver a 75% hit of fresh vitamin C to the skin, providing you with an instant glow.

**£11.50** available from Selfridges



### Organii Organic Soothing Cream

If your skin is dry and sore, apply this multipurpose cream as often as needed to help reduce inflammation, whilst rebalancing and healing. Packed full of natural skin nourishing herbs and cold pressed oils to moisturise dry, sensitive and allergy prone skin. Contains a blend of moisturising shea butter, avocado butter and coconut and is suitable for vegans.

**£29.95** available from [organii.co.uk](http://organii.co.uk)

### Defensil Rescue Serum

A natural dry skin rescue serum, developed in the Swiss Alps for people with very dry skin. The serum combines two key natural ingredients, a concentrated extract from cardiospermum seed and cold pressed echium oil, which have been shown in trials to stabilise and regenerate the skin barrier and act effectively against itching caused by dry, chapped or flaking skin and eczema. This serum gives immediate relief.

**£9.95** available from [skinshop.co.uk](http://skinshop.co.uk)



### Botanicals Gentle Face Polish Mandarin & Chamomile

To gently polish the skin this exfoliating cleanser with organic oatmeal and crushed rosehip kernel is perfect for this time of year. Brightens dull and congested skin and restores the moisture balance. This product is concentrated so only a small amount is needed. Which also makes it great value for money as a little goes a long way. Suitable for vegans.

**£25** available from [botanicals.co.uk](http://botanicals.co.uk)



### Foreo Luna Mini 2 Facial Cleansing Device

Sweeping away dirt and massaging the skin with high and low frequency pulsations, this silicone device gently buffs the skin back to good health. Get glowing skin again this winter by getting rid of that dull top layer, improving circulation and stimulating elastin to iron out wrinkles and tired lines. It also preps skin so the products you apply afterwards can shoot into cells faster and more effectively.

**£119** available from [selfridges.com](http://selfridges.com)



### Tweezerman Bright Complexion Facial Dermaplaner

This amazing 'at home' facial tool gives professional quality results. Exfoliates dead, dull skin cells for a brighter, clearer complexion and also removes vellus hair or peach fuzz. Specially designed to maintain the blade at the perfect angle for safe and effective application with replaceable, high quality stainless steel blades easily slide out and click into place.

**£33** available from Boots



If you've never used a skin oil, maybe now is the time to try one? A good facial oil is like a loyal friend, a reassuring pick me up in times of need. Which one's right for you?



### A'kin Weightless Rosehip Oil Face & Body

A unique, lightweight blend of organic rosehip oil with sandalwood, macadamia and abyssinian to hydrate and soften skin with no greasy residue. Revitalises and restores moisture for optimal skin health, helps diminish the appearance of skin imperfections and cellulite and absorbs quickly to lock in moisture for a silky skin feel.

**£35** available from [akinbeauty.co.uk](http://akinbeauty.co.uk)



### By Sarah London Organic Facial Oil

This blend of this light, delicate and nourishing organic facial oils, is handcrafted using only all-natural and certified organic, cold-pressed plant-based oils. Contains sweet almond, apricot, pumpkin seed, argan, evening primrose and vitamin E and is suitable for vegans.

**£16.50** available from [bysarahlondon.com](http://bysarahlondon.com)



### Skin & Tonic Detox Beauty Oil

This purifying face serum is made using watermelon, black cumin and bergamot oils to help reduce bacterial growth, balance sebum levels and control breakouts. Apply a couple of drops to the face and massage into the skin in a circular motion or add a couple of drops to your daily moisturiser for a hydrating boost.

**£27** available from [skinandtoniclondon.com](http://skinandtoniclondon.com)



### Organii Intensive Organic Face & Body Oil

This is a light and easily absorbed 100% natural and organic oil for everyday care of dry, sensitive and allergy prone skin that's suitable for the face and the body. Contains a powerful blend of oils including sunflower seed, rosehip seed, nettle leaf extract and chickweed extract and has been expertly crafted to soothe, calm and hydrate sensitive and eczema prone skin

**£29.95** available from [organii.co.uk](http://organii.co.uk)



**BEAUTY  
EDITOR'S  
CHOICE**



### Alchemy Hair Oils

These handbag size oils are a fantastic way to stimulate hair growth and promote stronger, longer hair. The ayurvedic practice of hair oiling, (which involves a heavenly scalp massage) delivers a deep conditioning treatment, alongside making hair more manageable, soft and shiny. Certified vegan and cruelty free. From **£24** available from **alchemyoils.co.uk**



### Alchemy Oils Brow Remedy

Over plucked your eyebrows? Don't worry, these oils work in sync to nurture the hair follicle and promote new growth, with added rosehip oil to keep the skin underneath in check.

**£21** available from **alchemyoils.co.uk**



### Zenii Sunshine Bottled

Sunshine in a bottle? Yes please! These premium, high strength (2000IU) Vitamin D3 supplement for the maintenance of healthy bones, immunity, cardiovascular function, brain health, skin health and general wellbeing are essential at this time of year.

**£20** available from **zenii.co.uk**

**WRITTEN BY**

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# WE ARE THOUGHT

FEEL AS GOOD AS YOU LOOK

It's easier than you think. Natural, sustainable fabrics and good design are the secret. Clothing that's thoughtfully crafted - to last and become even more enjoyable with wear.

Finding both is just as easy too: head to Thought. The award-winning brand crafts sustainable, easy-to-wear clothing that's as beautiful as it is ethical.

Think luxe loungewear - and much more - crafted from natural bamboo, organic cotton and super-soft hemp. And like every other piece of Thought's clothing, their loungewear staples are exclusive to them. They're designed by a passionate in-house collective of thinkers, writers, designers and artists.

This season, Thought's loungewear borrows its inspiration from nature - an endless source of inspiration for the collective. Freshly sprung blooms and abstract brushstrokes become wearable works of art. Contemporary panelling, classic grey marl, and smoked-out charcoal all mingle, as a new softer, sports luxe look evolves.

Ready to ease into these wear-anywhere, chic pieces? For yoga, pilates or unwinding at home. You'll soon discover their comfort is untold.

[wearethought.com/women/loungewear](http://wearethought.com/women/loungewear)



# ADAY

ADAY is on a mission to simplify wardrobes (and lives). So they set out to create clothing of the future, which is beautiful, technical and sustainable. It allows people to create space for the things that matter.

Balancing minimalist design and technical fabrics, ADAY's direct-to-consumer approach has made a streamlined wardrobe of versatile and sustainable staples that last through the seasons.

ADAY works with engineers around the world to find and create technologically advanced fabrics, each inspired by luxe silks and other classic fabrics, and chosen for their superhero powers (from thermo-regulation to wrinkle release). The brand handpicks every factory for their innovative perspective and technology expertise, and they use world-class construction techniques for longer lasting garments and to get the details just right.

The brand was co-founded in 2015 by Nina Faulhaber and Meg He. ADAY launched in London, and is now headquartered in New York City. The duo met while working at Goldman Sachs, and left the corporate world to start a brand that disrupted the sustainable and technical apparel world. Both Nina and Meg are Forbes 30 under 30 recipients.

**[thisisaday.com](http://thisisaday.com)**

**Instagram: [thisisaDAY](#)**

**Twitter: [thisisaDAY](#)**

**Facebook: [thisisaday](#)**

# YOGAMASTI

A UNIQUE BRAND WITH THE YOGI TOUCH

A lot of activewear can feel impersonal and formulaic, so Yogamasti is a great choice if you love all those extra little details. It's the yogi spirit that drives Yogamasti - holistic motifs and mantras thread through their collections, so practice can feel like something beyond exercise.

They produce and design everything from fabrics to prints to pant cuffs, so you know you're never buying a generic item with Yogamasti. Skin friendly organic materials and high cotton content are staples in this label. Unique aspects like delicate hand painted motifs let you 'feel' the artistic hand in what you're wearing. Handmade patchwork detail on mat bags and delicate embroidery let you touch a little artistic part of a product's journey.

With a founder who is both a dance and yoga teacher, there is the unity of both a professional and personal eye here. Holistic motifs combine with high tech seamless fabrics, bringing the best of the past and future together. Look out for their new organic cotton-rich seamless collections. Beautiful, practical yoga gear with the yogi soul.

[yogamasti.co.uk](http://yogamasti.co.uk)



# ANJALI

'Anjali' is a Sanskrit word that means 'offering'. They make premium activewear for men and women, inspired by their own yoga practice and active lifestyle.

The clothes are true all-purpose fitness apparel designed, not only for yoga, but also running, cross-fit, riding your bike to work and any physical activity where performance and comfort are paramount. Their activewear allows for spontaneity, like unexpectedly taking a fitness class and then going out for a drink.

One of their most popular items in the yoga category, are the premium quality printed leggings. The eco-friendly designs are made from recycled plastic bottles and are some of the best yoga leggings available. The lightweight fabrics are quick drying, antimicrobial, and perfect for Hot yoga or anywhere else you plan to sweat!

Sustainability is at the forefront of all of their decisions and why they make their clothing locally in the USA.

The Anjali team hopes that you will love their activewear and that it enhances and contributes to you feeling good and loving your life.

[anjaliclothing.com](http://anjaliclothing.com)





# live with a vision

## **BESS SHIPSIDE**

Yoga teacher, Strala guide,  
Catalyst ambassador.

As I change and grow so will my experience of yoga, it is cool, interesting and of course, sometimes a bit scary. I am more confident, capable and creative, more generous and loving. Strala helps me have fun, to find fluidity and freedom. Catalyst clothes are fitting perfectly with my lifestyle.

Go to [catalyst-activewear.com](http://catalyst-activewear.com)  
and get 10% off your first order  
with the code **YOGAMAGAZINE**

**CATALYST**  
ACTIVE WEAR



The image is a vertical composition of two photographs. The top half shows a large, ornate building with a prominent green copper dome and a tall, pointed spire, set against a dramatic sunset sky with orange and yellow clouds. The bottom half shows a dense urban scene at night, with several multi-story buildings illuminated from within, their windows glowing against the dark sky. The buildings have dark roofs and light-colored facades. A semi-transparent blue horizontal band is overlaid across the middle of the image, containing the text 'URBAN OM STOCKHOLM' in white, bold, sans-serif capital letters.

# URBAN OM STOCKHOLM





On arrival in a country for the first time, one can gather a lot from the national taxi service at the airport - always representative of the people, the culture and the way of life. In Stockholm, it's the super slick, black Mercedes Benz, attractive, stylish, solid, and above all reliable.

I'm here to check out a yoga centre that I'd heard about on the grapevine, and to meet the CEO and Founder, Neo Moreton. Why this yoga centre? Well, on a press trip to the Caribbean some years ago, I met two Swedish journalists, both by the name of Anna. I was struck by their natural beauty, confidence, strength and positivity and we talked a great deal on the trip. They said: "you must come to Stockholm for the Golden Guru." I had no idea what the Golden Guru was but it's basically 'yoga's answer to iron man' - a 12km trail run in nature, followed by 108 yoga Sun Salutations, and then the grand finale - a raw cacao-fuelled meditation event. Wow! I must admit I was fascinated.

I wanted to learn more about who would put on such an event, who had such a dynamic and creative mindset? Alas, I could not attend the Golden Guru, but I still had the desire to go and learn more about Urban Om, the company behind it.

I meet Neo at Urban Om, he's waiting outside to take me to Rosendahl, a garden showcasing biodynamic cultivation of vegetables, fruit and flowers, with a greenhouse cafe for lunch. After an introductory hug he tells me "I no longer own a car so I've hired this, we hire it by the minute" and he gestures towards a brand



“I’ve been sober now for over eleven years and love the drug free ecstasy that comes from a yoga way of life”

new Mini Cooper. We take a short drive and arrive at the beautiful garden centre where we eat vegan food and sit outside in the gardens. We have an in-depth, honest conversation about Urban Om’s guiding principles, which are ‘being in the body’, ‘being real’ and ‘being together’. Neo tells me that he is eleven years abstinent from alcohol; he feels that when he drinks he loses his integrity. We have a very interesting conversation about what integrity really is and I find Neo honest, open and receptive - the kind of person that you feel like you’ve known for a long time and can speak easily to.

Neo tells me about his past and what is a fascinating journey of self-discovery, spanned across different continents over many years. He explains how it has always been his dream to open Urban Om, to create a yoga community that is authentic within the heart of the city. “To play a pivotal role in raising human consciousness by providing urban oases for city dwellers to meet, connect and explore being together.”

He has certainly managed to achieve that - you will find an open, inviting, and authentic, ready-made community just waiting for you to engage in. I was only there for a few days, yet I met many, super friendly and supportive women whom are all there with the same goal - their own health and wellbeing.

This isn’t the kind of place where you turn up for the class and then leave after. This is the kind of place where friendships are made, where the stylish communal area is actually used, where people meet to catch up and share herb teas and stories, and it manages to achieve all of this with no sense of cliquiness whatsoever. So warm and welcoming, it would be the ideal place to make friends if new in the city

They offer over 50 weekly yoga and meditation classes led by highly trained instructors plus regular immersions and special events, daily body and talk therapy sessions and a certified yoga therapy teacher training offered by international expert trainers.



“Sweat is pouring down bodies and onto the floor, but nobody minds as we’re all in it together.”

‘Non-alcoholic Organic Beer Yoga’ was just one of the special events happening over the summer. Neo explains: “ We are in favour of sobriety and feel that alcohol has no place on the yoga mat. The natural high that comes from living Urban OMs three keys – ‘being in the body’, ‘being real’ and ‘being together’ is totally awesome. I’ve been sober now for over eleven years and love the drug free ecstasy that comes from a yoga way of life. Why on earth would anyone want to blur this new vision of living with alcohol? All we are saying is give peace a chance.”

When we get back to Urban Om I realise, with slight alarm that I’m booked in for a ‘strong flow’

session, and I doubt my usual Hatha practice will stand me in good stead. As I queue up for the class there’s pre-match tension in the air, lots of women chatting and excited.

When I enter the room I’m not sure if I’ve ever seen so many gorgeous, healthy looking women in crop tops, all in one place before. It is a sight to behold. I feel like I could be in LA, I’ve never been, but I imagine that’s what it’s like.

Shay Peretz, the teacher, draws influences from traditional Ashtanga practice and Forrest yoga to connect movement with breath in a dynamic moving meditation and it is a fantastic experience. My whole body is soaked in sweat, and so is everyone else’s. Sweat is pouring down bodies and onto the floor, but nobody minds as we’re all in it together.

This class, delivered by Shay, is perhaps one of the most powerful yoga classes I have ever attended. There is tremendous energy vibrating through the room and everyone’s riding it. Based on a basic Sun Salutation routine, accompanied by powerful booming bass lines, and Shay’s motivation and enquiring advice throughout left me, and all of the class, as high as a kite when we’d finished. There’s no other way to describe it.



“say what you mean, mean what you say, and don’t be mean when you say it.”

Urban Om not only works with individuals, but also with big companies and schools and universities to deliver programs of yoga for change. This year Urban Om started working with the Stockholm School of Entrepreneurship. “We are training entrepreneurs in the making with yoga tools to handle stress and ‘Being Real’ and relationship tools to be authentic and keep their integrity even when the going gets tough. In other words, giving confidence to ‘say what you mean, mean what you say, and don’t be mean when you say it.’ We feel this is much needed work considering the rate of suicide amongst (especially male) entrepreneurs is astounding - the stress and fear of failure simply becomes too much. So Urban OM intends to give young entrepreneurs life skills early on in their careers to avoid the pitfalls on the bumpy entrepreneurs path down the line.”

I came to Stockholm on a whim inspired by the Swedes I’d met in Aruba. Always go with your gut instinct. It led me to unique and inspiring experiences, and allowed me to meet many more people of natural beauty, confidence, strength and positivity.

I stayed at the Miss Clara Hotel, a design led boutique hotel, which was originally a girl’s school Ateneum built in 1910, and is five minutes walk from Urban Om.

For more information go to [urbanom.se](http://urbanom.se)

WRITTEN BY

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# 14

## WAYS TO FALL IN LOVE WITH LIFE

### 1

#### **Make Things Meaningful.**

At the start of each day, ask yourself, 'What is my purpose in life today?' Reconnect with your purpose and infuse your life with meaning. Then you'll do things, not because you have to, but because you want to. Approach things as options, not as obligations and you'll give your best and make each day count.

**Get caught in the daily grind, and all too often life feels like a never-ending chore, a life more ordinary. But it's not a life more ordinary, is it? If you feel like you're living life on autopilot, this Valentine's Day, fall in love with your life. Be in love with life and you're ready to live more fully and fearlessly.**

### 2

**Make Things Fun.** Do the same thing everyday and it's easy to fall out of love with life. Try doing the same things, differently. Instead of eating the same food at the same restaurant, try something completely new. Change the time when you do the laundry. Add fun to the mundane, make it a game and turn mundane into 'fun-done'.

# 3

**Stop Living Distractedly.** Are you really here? Or is your mind elsewhere? Get distracted and you'll make mistakes and miss out on the present moment. So, stop getting distracted by the social media pings, the Whatsapp or text messages. Put your phone away, be present where you are now, and then, you'll be attentive to make the most of the present.

# 4

**Love Your Life, Not Someone Else's.** Are you wishing your life were like someone else's? If the answer is 'yes', then, turn this habit of comparison and envy into motivation, and go for what you wish in life. If the answer is 'no', then admire their life, be content with your life and understand that your life is unique.

# 5

**Time To Play.** Break out of your routines, indulge in hobbies that make you happy and bring more play into your life. Whether it's colouring and crafting, playing sports and board games, doing some gardening and walking the dogs, visiting a museum and delving into art.... Make time to play, make your life more joyful.

# 6

**Love Your Past.** The past shapes who we are today. And even though it's not a place to live, if we don't value our past, we miss out on its potential. So, acknowledge the past and extract valuable lessons from the past to live positively in the present. Fall in love with your past, and it becomes a place of reference, not a place of residence.

# 7

**Make A Difference.** Do something valuable to make a difference, and in return you'll feel good about life. Give your time to an elderly neighbour, lend a helping hand in the community or share something you value. If it's not possible, then give your thoughts and good wishes to a place, a situation, a person or the world.

# 8

**A Travel State Of Mind.** When you're travelling, you can't hold in the anticipation of exciting adventures! In the same way, approach life with a travel state of mind. Get more curious, see things with wonder, and push yourself out of your comfort zone. Then you'll find it easier to brush off the little annoyances, as well as make every day feel like a holiday.

# 9

**Don't Take It For Granted.** If you want to stop taking life for granted, cultivate an attitude of gratitude. Count your blessings and good fortune, and focus on all the good things in your life. Also, appreciate the messiness and imperfections of life, and be thankful for everyone and everything. Feel grateful and it'll make you hopeful and happier.

# 10

**Be Open To Change.** Everything is changing, all the time. So rather than resist it, you might as well get comfortable and embrace change. Be more open to change and look forward to seeing what happens next. As a result, you'll be ready to change with change, change your strategy with a 'Plan B,' or simply do a complete 'U Turn'.

# 11

**Don't Take Life So Seriously.** Life is no fun when you're constantly taking life and yourself a little too seriously. So, loosen up and lighten up. Now, life is no laughing matter, but life does have a sense of humour. Find the humour and have a good laugh - at life and at yourself. Not as a way to avoid the serious issues, but only when appropriate, of course!

# 12

**Keep Learning.** Revel in the delight of learning because life never stops teaching. So keep educating yourself. Ask questions and turn your questions into a quest. Learn from those around you. Learn from life, learn from successes, as well as missteps and mistakes. Keep learning and you'll keep yourself inspired and interested in life.

# 13

**Make Time For Downtime.** It's important to get off the treadmill and reserve time for a bit of downtime. How you use your downtime depends on what you need at that time. Sleep, nap, just sit, light a candle or do a little bit of nothing. Get some well-deserved rest and you'll have more zest for life.

# 14

**All We Need Is Love.** We look for love everywhere! Yet the ultimate paradox is we are love. So let love flow. Even when you don't love everything you do, approach everything you do, with love. Because you can't just base your relationship with life on how life treats you. A relationship is a two-way street, so treat life with love and you'll thrive.



WRITTEN BY

## INNER SPACE

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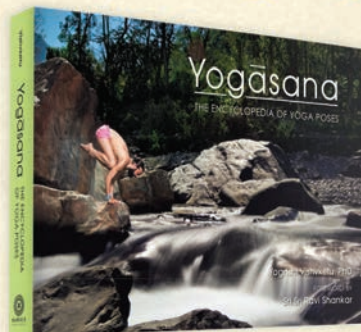
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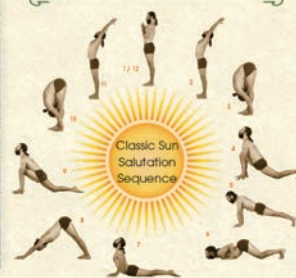
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Written by Yogrishi Vishvketu, PhD • Foreword by Sri Sri Ravi Shankar



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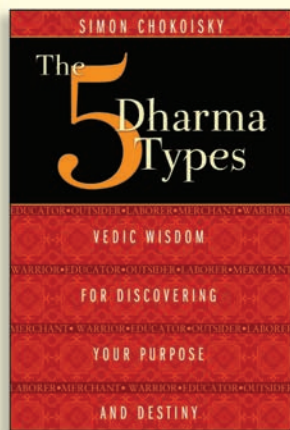


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# When is a **stretch** not a **stretch**?

So you've perfected that tricky pose, then you look round at the rest of the class and realise that everyone else is moving much further into it than you. They must be moving further because they are better than you and they want it more, right?

Believe it or not, we once had a patient who had ripped her hamstring tendon from her pelvis, taking a piece of bone with it while doing yoga!

I would like to eliminate the 'stretch' word from the vocabulary of yoga. It conjures up visions of hyperflexible, effortlessly bendy people that flow into extreme poses without breaking into a sweat.

Unless you are hypermobile (which brings its own problems), when you force any area of your body, especially if you move into pain, your body responds by tightening up to protect itself. So then nothing gets stretched and you end up in pain or even injured.



## The Fascia

Each one of your 37.2 trillion cells is connected via a continuous network or web of connective tissue. Everything that happens to you from the moment of conception is recorded within this fascial network – that’s physical and emotional events and traumas.

The web responds to trauma (even overstretching) by tightening up, and the resulting restrictions cause pain, tension and inflammation not only in the immediate area, but potentially anywhere in your body.

Unfortunately the ‘no pain no gain’ approach is still prevalent in the exercise world and even if the instructors don’t push them, class participants still put themselves under pressure to go as far as possible and then a bit further.

It has been shown that by sustaining a slow gentle stretch at the point of resistance, the fascia is able to open, releasing the tissue and reducing pressure on the cells and nerve endings. This approach will allow you to work with your body rather than against it and you will get much more out of your yoga practice.

## Top Tips

**Feel your way in:** Each time you move into a pose remember that your body is approaching it from a slightly different starting position. This will vary depending on what you have done that day; how tired you are, if you are in pain, what the temperature is, how hydrated you are and even how stressed you are feeling. This means that sometimes positions that you would normally find easy and flowing might feel stiff and awkward, especially if your body is compensating for something.

**Hold at your barrier:** No matter how far you have moved, as soon as you become aware of resistance, stop. It is surprisingly hard to feel this subtle barrier, but it is the most important aspect of any release. Pushing through it will force the fascia to stretch, causing it to tighten up against the potentially damaging impact. But the resistance will not necessarily be in the area that you are working. Because your fascial system connects your whole body, opening one area can put strain on a different area. By respecting this resistance and stopping at that point, your fascia won’t need to compensate elsewhere and you won’t force anything.

*“Because your fascial system connects your whole body, opening one area can put strain on a different area.”*



**Wait for the release:** Once you have found your barrier, wait until you feel an opening or softening. The difference with myofascial stretching is the slow, sustained release at the point of resistance. This is the bit that is harder in a class setting, but can be indulged in at home. The difficulty in doing this with other people is that each release will take a different amount of time. It also takes practice to be able to feel, as the release can be quite subtle.

**Follow your body:** Often one release will lead onto the next, especially as you become more practised at feeling what your body needs and how it is changing. So when you have felt a release, stay with it and take your awareness to the area. Then soften your focus and feel where the next restriction is. In this way the poses will flow into each other, giving you the exact combination of releases that you need at that time.

**Check your pelvic alignment:** If the muscles attaching into your pelvis are tight or scarred, they exert a torsion effect on the bones and over time they rotate. Most of us are living with a 'wonky' pelvis, but because it creeps out of alignment, it feels normal. But once it has rotated, it causes stress on the rest of your body and can even make you feel that one leg is longer than the other. It is the most common reason for asymmetry in poses and why one side of your body will go further than the other. So if you have any symptoms it is very important to check and correct your pelvis before trying to treat elsewhere in your body.

**Get niggles treated:** As every part of your body is attached to and affects every other part. So if you have any pain, tension or inflammation that is not being relieved by your own releases, it is important to receive treatment. This is because the longer you have to compensate for a problem, the more the stress is on the rest of your body and the more likely you are to suffer long term problems.



WRITTEN BY

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# THEOS BERNARD

## YOGA PIONEER

“The study and practice of Yoga purifies the body, improves the health, and strengthens the mind; above all, it intensifies spiritual growth.”

When he was a student at the University of Arizona in 1927, Theos Bernard came down with a mysterious, serious illness causing his heart to weaken significantly. At one point, he and his mother overheard his physician tell a nurse “he will not live.” Because it was evident that doctors had given up on her son, Bernard’s mother, against medical advice, signed releases and took her son home where she provided and supervised his medical care.

Little by little and over several months, Bernard began to recover. As he recuperated, his attention was drawn to his mother’s sizeable collection of books dealing with yoga, a practice virtually unknown to Americans at that time. Learning that “infinite energy” was available through yoga, Bernard says he “began to read everything I could uncover about this ancient spiritual science called yoga; for this was apparently the only thing that offered a way to me.” Applying a combination of yogic positive thinking, some basic poses and pranayama exercises, Bernard recovered eventually returning to University and later writing one of the first Western books about the health benefits of yoga, titled ‘Heaven Lies Within Us: Yoga Gave Me Superior Health’.

That time of illness and recovery propelled Bernard onto a lifelong path of study and experience of esoteric Eastern spiritual practices such as yoga and Buddhism, Tantra and Pranayama. He would travel to India and Tibet, living and learning there in order to offer the riches of Eastern wisdom for Western minds. He is one of earliest pioneers of yoga who migrated from the West to the East.

Theos Casimir Bernard was born in Los Angeles on December 10th, 1908 to Glen and Aura Bernard. The marriage was brief with Glen leaving the family reportedly travelling to India where he studied Eastern spiritual philosophies. Aura took her infant son and returned to her hometown of Tombstone, Arizona. Theos graduated from the University of Arizona with an undergraduate degree as well as a law degree. Upon graduation, he moved to Los Angeles, the city of his birth, to find work and to re-connect with his father, Glen who became Theo's first "guru" in 1931. Because of his extensive studies in India, Glen Bernard had become one of America's rare authorities on yoga philosophy and practice. He was pleased to have his own son as his "disciple" instructing him in a comprehensive series of yoga practices to perfect - poses, breathing, and meditation. Theos engaged himself fully and dedicated several hours daily in order to master those practices.

By 1934, Theos was ready to supplement his practice with academic training so he applied and was accepted into Columbia University philosophy department where he earned an MA. During this time he married Viola Wertheim, a wealthy socialite and medical doctor who financially supported Bernard in his studies and research in India. He first travelled to India in 1936 moving around the country to familiarise himself more deeply with Indian culture and customs. There he met with various gurus who offered him intense instructions into the deeper philosophies and practices of yoga. Bernard was also introduced to Tibetan Tantric Buddhism and was so intrigued that he began to learn Tibetan.

In India, Bernard was stunned at how effectively the British had suppressed the practice of yoga. In his book, 'Heaven Lies Within Us', he wrote: "Only remnants of true yoga are accessible today to the seeker. Even in India, the home of Yoga, supreme ignorance prevails about Yoga in general, a criticism which does not exclude the educated circles....those who possessed (Yoga's) esoteric knowledge were always far removed from the main highways and

known only to small groups of friends." After nearly a year of study in India, Bernard secured permission from British officials to enter Tibet.

Arriving in Lhasa, he was warmly received by government officials and senior monks who were impressed with his fluency in Tibetan, his knowledge of Buddhist teachings and his highly advanced yoga practices. Many Tibetans came to believe that Bernard had an earlier life among them and was, in fact, a reincarnated lama. As a result, he was offered additional instructions and ultimately initiated as a Tibetan lama, something which amazed Bernard: "The fact is, I, the person about to be initiated into Tibetan sacred mysteries, was no native, no Tibetan, not even an oriental, but an American, hailing from Arizona. And here, at the end of the ceremony, I would become a full-fledged Buddhist monk, a Lama."

Returning to the United States in 1937 as a full lama, Bernard brought back several hundred volumes of Tibetan Buddhist writings as well as a hand written letter by the Regent of Tibet addressed to President Franklin Roosevelt. Prior to leaving Tibet, Bernard was asked by the Regent to hand deliver his letter to the American president. The letter, which sought to promote Buddhism in the West as well as build stronger ties between Tibet and America, read: "To His Excellency the great Mr. Roosevelt, President of America....The bearer of this letter, a citizen of your country, Mr. Theos Bernard, has great faith in the Buddhist Religion and is possessed of great wisdom...Especially has he the greatest desire to cement the friendship between Tibet and America. It is of importance that all of you who are concerned, should have a high regard for this matter, and render such assistance as lies in your power, in order that the Buddha's doctrine may prosper exceedingly in all directions."



Multiple efforts on Bernard's part to get the letter to President Roosevelt failed due to political and diplomatic issues between Tibet and China. Back in America, Bernard resumed studies at Columbia completing a PhD., in 1943. His dissertation was titled "Hatha Yoga: The Report of A Personal Experience." Bernard also began writing articles outlining his experiences in Tibet making him a celebrity author, explorer and authority on Tibet. In one of his articles, published by London's Daily Mail, Bernard described himself as a 'White Lama'. "I am the first white lama, the first Westerner ever to live as a priest in a Tibetan monastery, the first man from the outside world to be initiated into Buddhists' mysteries hidden even from many native lamas themselves." His writings were syndicated to newspapers and magazines and he was invited to do radio interviews as well as offer a lecture series.

Bernard moved to California where he purchased a large piece of land, naming it "Tibetland" to house his collection of Tibetan manuscripts, host visiting Tibetan lamas, and to serve as the centre for his translation efforts. In 1947 he returned to India seeking more "rare manuscripts" to bring back. While en route, he and his party were attacked by an armed group. Theos Bernard was never seen nor heard from and is believed to have been killed sometime in late September or early October 1947. He was in his 39th year.



#### WRITTEN BY

#### VICTOR M. PARACHIN

VICTOR IS A YOGA AND MEDITATION TEACHER IN THE USA. HE IS ALSO THE AUTHOR OF NUMEROUS BOOKS ON EASTERN SPIRITUAL PRACTICES. HIS LATEST BOOK 'U BUDDHA' IS AVAILABLE FROM ULYSSESPRESS.COM AND AMAZON

#### WORDS OF WISDOM FROM

## Theos Bernard

"There is nothing that will fill the human heart with more cheer than the practice of Yoga. It will give one the greatest joy, and help him to face life in its most dire aspects with understanding and courage."

"The mind must be encouraged and trained to take stock of itself; it must be taught to withdraw from the outer world in order that it can concentrate on spiritual things, not perceptible to the senses."

"As gold can be separated from impurities by methods of chemistry, so can Truth be divorced from error by methods of Yoga."

"Many feel they are perhaps too old to begin the practice of yoga. This is quite wrong. It is taught in India that it is never too late to begin and that the slightest effort is never lost."

"Ignorant people grow more ignorant all the while because they choose to dwell within their ignorance."

"The higher man seeks what he wants within himself, while the ordinary man has no aim other than to discover and enjoy things on his way through life."

"Learn to be content, to accept joy without elation and sorrow without depression."

"Thoughts, good or bad, are like seeds. They will grow in soil that is fertile. One should meditate on wisdom in order to produce goodness not previously existing."

"Half-hearted effort is never as beneficial as when the person is absorbed, even to the point of forgetfulness. The person who is too easy on himself will not get very far."

"The control of the breath leads to health, the growth of strength, energy, fine complexion, increased vitality, growth in the knowledge and extension of life."

"Practice should never be overdone. Fatigue, dullness, and 'mental indigestion' prevent true progress; hence moderation must be observed in habit and practice."

"The rewards of meditation are confidence, zeal, joy, delight, and comfort. It matures the mind, puts one's heart at ease, and confers power and long life."

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# YOGA FOR HEARTBREAK

It's time to let go of that which no longer serves you which includes your lover even if you're deeply in love. I urge you, implore you, challenge you, support you and write from a loving space. When bad times outweigh the good, or your health suffers or you have forgotten what it feels like to flow, be present and joyful because you are eclipsed by a toxic relationship then you have to be brave and check in with your heart even if this means a break-up will entail heartbreak.

As I write this by the sea whilst teaching on a yoga retreat I can feel my throat tighten, heart sink, tears sting. I've just seen a cruise ship leaving port which reminds me of a lovely cruise spent with my lover of 2.5 years. It's been 6 months since our relationship was severed abruptly and the tears still come unexpectedly but less frequently as time passes. I still miss him so much, my tall, dark and handsome lover whom I wanted to spend the rest of my life with despite the toxicity of our incompatibility.

I sit and grant myself these tears of pain and heartache for they are unavoidable in life as they are tears of grief. We have to accept that we will lose friends, lovers, family members and pets during our beautiful, gifted yet sometimes sad lifetimes.

There are birds chirping above me and the smell of the sea is so sweet, the Spanish sun warms my skin. I'm back in the present again...pen to paper and not suffering in the past. Writing brings that present moment joy as does being creative in whatever way you enjoy (more of this later on).

It is human nature to want to 'belong' and to feel loved and supported but that is no reason to grasp on to a relationship that is harming your health and heart.

Six months ago whilst travelling to teach at my Swiss Yoga Retreat I had made the decision to go cold turkey on my partner since he played up whenever I left the country and I cut myself off from my phone, Facebook and email. People had paid good money and invested their precious spare time by booking on to my retreat and I had to serve them.

Towards the end of the trip, I was walking in the Swiss Alps and experienced a glimmer of joy amongst nature in the present moment. It was such a sweet moment to remember what joy felt like and it was a revelation and turning point in which I knew would have consequences, but for the better in the long run.

Our relationship did not end ideally, which would be to talk like adults and maintain friendship, instead of an abrupt severance. This is often the case in break-ups I've gleaned from my research. One minute you're in spoons with oxytocin flowing then the next you're blocked from all contact and ties cut, heart abandoned, feel good hormones gone.

I was totally devastated but at the very core of me knew that it would be ok because I needed to find 'me' again and compatibility, balance and harmony in a relationship with a like-minded soul who would be prepared to work at 'us' and be honest and open in communication. When home I made a plan and threw myself back in to spirituality, yoga and meditation finding a routine and therefore solace in the knowledge that healing would ensue.

Valentine's Day is not always a happy time for some who may be craving a relationship or grieving a past lover or struggling with a current one, which inspired me to share my 'Yoga for Heartbreak' tips with you.

I hope that at least a small part of this article will help you reveal, deal and heal your current situation and fall back in love with yourself and life.



# YOGA

These two poses help you clear and open your heart and throat chakras which may be closed and repressed. Acknowledge your posture first. Do you feel hunched and protecting your heart? Have you lost the confidence to communicate clearly, speaking your mind and truth?

## Matsyasana (Fish Pose)

Lie on your back, straighten legs and lift hips tucking hands slightly beneath your buttocks, palms facing down. Draw your forearms and elbows inwards

Inhale, bend your elbows and press firmly into forearms and elbows to lift your head and upper body away from the floor and begin to find the natural curve of your spine

Firm your shoulder blades into your back and lift chest higher, elongating spine

Gently release the crown of your head down towards the floor, placing a minimal amount of weight on your head if it reaches the ground

Stay in the pose anywhere from 5 to 10 breaths. To come out of it, engage your core, press firmly into forearms, gently lift your head away from the floor. Tuck your chin into chest and place the back of your head down.



## Chakrasana (Wheel Pose)

Lay flat on your back with your arms at your sides. Bend knees, keeping feet parallel and aligned with your hips. Draw heels close to the edges of buttocks.

Reach your arms up overhead, bend your elbows placing palms on the floor either side of your head, fingertips beneath shoulders. Keep your forearms parallel as you extend fingers toward heels. Reach elbows directly up toward the ceiling.

Inhaling, press feet firmly into the floor and lift your hips upwards straightening arms. Contract buttocks, thigh, and abdominal muscles to support your lower back.

Keep arms and legs parallel as you're lifting and hold for a few breaths. Avoid resting your bodyweight on your head; you'll gain strength in the limbs with practice

Release the pose by first bringing the crown of head to the mat, then your whole body. Rest on your back with knees bent and dropped together.

## HUGGING

You will feel low physiologically due to many chemical processes in the body which can be dealt with naturally. The hormone oxytocin from hugging and spooning can be generated in other ways by stroking animals, hugging others or by booking in a massage etc.

No one available when you need a hug? In London's Hyde Park there are 'Free Hugs' events or you can book yourself on to a yoga or Tantra retreat and feel the love. Don't be afraid to 'let it all out'. That's what these events are for and they are a safe space.

## MEDITATE

Sit quietly daily and meditate on how to nurture and heal yourself and find empathy and forgiveness in your partner for any wrongdoing. This may take a long time and will take courage and energy but it is part of the healing process.

Sit on what may have gone wrong and when and how you could've dealt with it differently for the better of you both. There are always two sides to a story so try to find compassion even if it's the last thing you feel like feeling! Not only will this help you vibrate on a higher level which will attract positive things in your life, it will also help quash negative emotions such as anger, bitterness and resentment etc., which do not serve you and tend to get stuck as a repeating story in one's mind.

Accept, greet and embrace the good memories from your relationship as they come and be grateful for the good times. Let the emotions flow through you without judgment; nothing is permanent.

You are healing.



# MINDFULNESS & COMMUNICATION

When you learn how to be a mindful communicator it can help you succeed in many areas of your life which will in turn have a positive impact on your relationships. Since humans learn how to communicate from an early age by watching signals around them, if you have a problem with communication you may have some healing work to be done from the past.



Remember in relationships and communication that we all process information differently so it's worth spending some time on enhancing your basic communication skills. This will help you:

- \* Better express how you feel
- \* Better explain your needs
- \* Become more aware of who you are
- \* Develop deep intimacy in your relationships

Communication skills to be mindful of:

- \* Being an excellent listener
- \* Show an interest in what someone is saying
- \* Never gossip or backstab; address an issue directly
- \* Treat people how you'd like to be treated yourself
- \* Think before you speak and maintain a sense of humour

## HEALERS

If you really are so distraught before, during or after a break-up, then rest assured that there are humans trained to deal with your pain and subsequent healing so you're not feeling so overwhelmed and lost.

Relate, a relationship charity ([relate.org.uk](http://relate.org.uk)) has a user-friendly website that walks you through the grieving and loss process so that you are less overwhelmed with all the swirling and conflicting emotions and rollercoaster of thoughts and feelings. You can book into see one of their professionally trained team, hire a divorce coach, Counsellor or surround yourself with loving and supportive people who will listen and lend a caring ear from a neutral stance.

Make sure you're in a safe environment when you're ready to open up and share. I joined the 'Wild Woman Sisterhood' and went walking in the woods with some amazing women in London who weren't afraid to remove their masks and pretend that everything was ok. They were raw, real, loving and supportive and I am thankful to them for their transparency and support. If you're open to it, you'll gravitate towards those who will heal and help you and you'll realise that this pain and process is just part of life and nature and you're not alone, not a victim. You are a beautiful soul who deserves the best in this short life that we are graced with.

# “Rediscover or even reinvent yourself”

## TRUST THE PROCESS

Do keep busy and productive but DO allow emotions to arise instead of lying under the duvet heavily weighing down in pain or drowning your sorrows in alcohol.

We are all here for each other and have all experienced sadness or losses so don't be afraid to remove your mask and keep it real. "Better out than in" is such a good expression! Give yourself time to grieve, take each minute, hour, day, week as it comes and keep focussing on the positives such as what amazing things you can do with your new free time and energy. Your future is bright, trust in that.

Make a list of all the things you wanted to do and your partner didn't and do them or you didn't have time for and schedule them into your diary or year planner.

Rediscover or even reinvent yourself. Book in some treatments, use colour therapy as a confidence tool or try a new look, book, recipe, hobby or hairstyle.

What are your passions or goals? Identify them and pursue them. You are free to be you. You deserve happiness, love and light. Plan for the future to evolve into the future desired you.

When you are ready, find ways in which to express yourself such as writing, dancing, poetry, music or acting that will assist with any self-esteem issues resulting from a break-up by giving you a goal and sense of accomplishment. These creative hobbies will also keep you present therefore not feeling anger from the past nor worrying about the future. In the present moment you can find joy.

Remember the relationships we develop with ourselves impact others so stay on the path and journey of loving yourself. When you start loving yourself you will attract those who will give you all the love you can handle and if they don't, let them go.

WRITTEN BY

### AMANDA YORK

AMANDA HAS BEEN TEACHING YOGA IN LONDON AND OVERSEAS SINCE 2011 AND IS TRAINED IN NLP, MINDFULNESS AND RELATIONSHIP PSYCHOLOGY OFFERING HOLISTIC WELL BEING FOR MIND, BODY AND SPIRIT. YOU CAN FIND HER TIPS ON SOCIAL MEDIA BY FOLLOWING GYMANDA OR YOGAMANDA OR JOIN ONE OF HER OUTDOOR CLASSES IN LONDON OR WEEKLONG RETREATS IN SWITZERLAND, IBIZA, SPAIN AND COSTA RICA. FOR MORE INFORMATION, VISIT GYMANDA.COM/YOGA

“stay  
on the  
path and  
journey  
of loving  
yourself”





# Starting a very British Online Yoga Revolution

Kat Farrants

**Movement for Modern Life is the UK's online yoga site  
to make online yoga classes accessible to all**



Yoga encompasses some really beautiful, soulful practices and gives us the true power to transform our lives and live the best version of ourselves. For myself, it's not exaggerated to say that yoga saved my life. When I hit rock bottom, if I hadn't had yoga in my tool-kit for dealing with life, I would still be living in a kind of grief-filled haze, a shadow of the brave, risk-taking woman I am today. In my experience, the best transformation is precipitated by crisis.

## How the plan started

The plan to start my own online yoga business moved onto the point of no return when I was stuck out in rural Sussex taking care of my dog who'd been recently diagnosed with cancer, just a year after my husband had left me, completely out of the blue, and when my movement practice had to stop due to a horrid car crash a couple of years before that. Life was terrible. It felt I was at ground zero. I had nothing and was going nowhere.

Being out in the countryside was beautiful as I love nature, but it meant I had no nearby decent yoga teachers to get me out of my slump. I checked out yoga on YouTube and tried to practise but was put off by over-enthusiastic teachers with better social media skills than real-life teaching skills, cheerleading people into advanced postures which would cause injury to most - a far cry from the health that yoga is meant to be.

As a yoga teacher myself, I know that not all teachers are created equally and I wanted the brilliant teachers who had taught my teacher training to help me out of the woods. For me, the massive benefits of yoga which had got me through my tough times, had nothing to do with advanced moves on a Californian beach; but a simple tool for dealing with the inevitable 'stuff' that crops up in life and gives us a way of thriving through it all. The fact that I can do a backbend or touch my toes is just the result of doing an everyday movement practice which has the ability to transform how I feel everyday - which isn't the goal.

I realised that there would be so many more like me. Those whose lives would be really improved by the very best teachers coming into their homes or on holiday with them, or who needed a little helping hand with getting started; or those who were a little bit stuck without their teachers or didn't view yoga as a fashion parade.

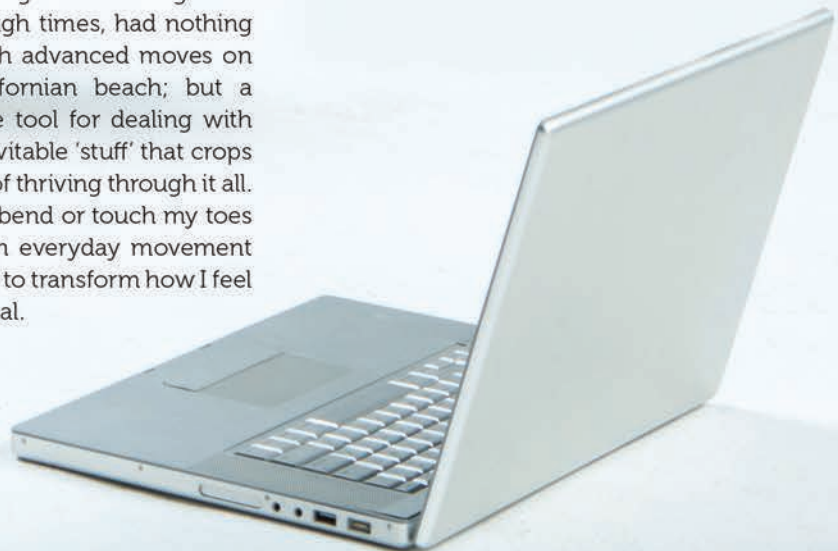
I wanted everyone - even those who rarely make it out of their PJ's and muddy clothes - to get access to the most amazing teachers.

## What is Movement for Modern Life All About?

Movement for Modern Life's yoga is a more fun, homely kind of affair. We think that it's great to pop into a studio whenever possible to get some alignment shoves in the right direction. The rest of the time yoga can be your very own, personal little escapade. The great news about doing yoga online is that you can check in with yourself and work out what exactly is it that you need right now. Not what classes you are able to get to, or who is the newest and trendiest teacher - but what would really heal your soul and help your body right now. Maybe it's a quiet, relaxed Yin or Restorative class you can do in your living room in your PJ's to wind down before bed or after a hard day's work instead of your glass of wine? Maybe you have a baby or business at home and you only get 10-minutes as a break? We have classes to quickly relieve tension and stress. Or maybe you want to energise and get yourself moving in the morning? Try 20-minutes of breath-initiated movement. We promise that life will never be the same.

Believe that life without movement goes nowhere. Come one, come all, come move!

[movementformodernlife.com](http://movementformodernlife.com)



# Did we learn internal cleansing from birds?

There is a story said to come from Northern India, where people noticed the strange cleansing habits of a certain species of migrating bird. After travelling thousands of miles, the bedraggled and exhausted birds would land near lakes and rivers and, after taking in water, insert their long beaks into their rears and effectively give themselves an enema. This practice seemed to revive the birds and restore their energy and vitality. It was said that even their plumage looked bright and refreshed. According to the story, this was the origin of the Ayurvedic cleansing practice known as 'Basti'. It was claimed that old decrepit men gained a new lease of life, and even took young wives and fathered children after receiving this cleansing enema process learned from birds.

## Internal cleansing for humans

This tale could well come under the category of 'rural myth', yet as with all myths it contains the seeds of truth. Throughout time, vast numbers of people in many cultures have attested to the reviving effects of internal cleansing practices such as Basti.

In the ancient science of Ayurveda, Basti enemas are incorporated into the unique detoxifying practices known as 'Panchakarma'.

Over thousands of years Panchakarma has been designed to help the body clear the toxins and waste products that inevitably accumulate. These toxins can result from poor diet, incomplete digestion, and exposure to environmental toxins, as well as through mental and emotional stress. In a sense, Panchakarma helps your body remove the consequences of past mistakes and restore it to its default mode of perfect balance and good health.

## Why oils are used during Panchakarma

Fats are a major component of your body and Ayurveda has always recognised that to keep your body tissues pure you need the cleansing actions of oils. Panchakarma treatments therefore always involve the use of various kinds of oils.

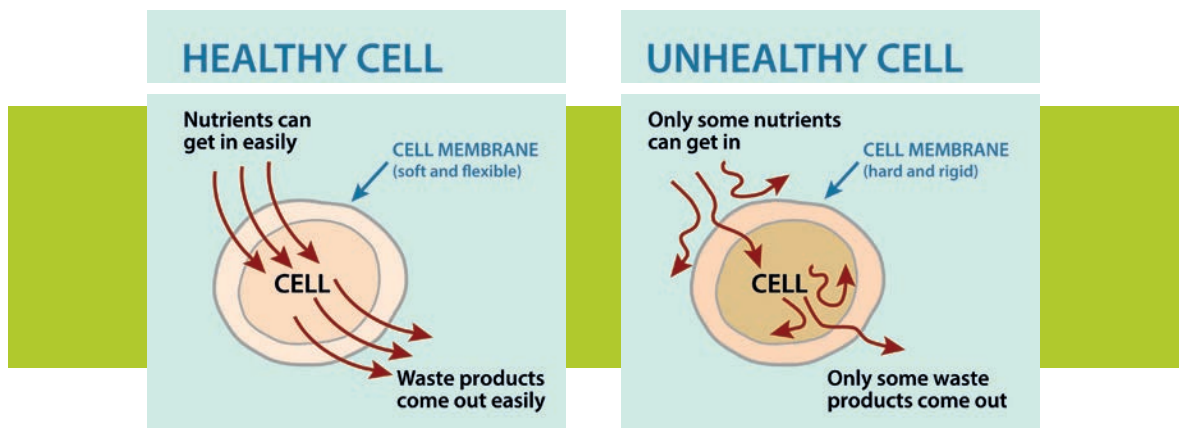
Toxins can be divided into two kinds: water-soluble and oil-soluble. Water-soluble toxins are usually



The membrane of a cell is mostly made up of oils and proteins. The oil component allows flexibility and malleability; it enables the cell membrane to open its gateways to allow nutrients in and close up them when enough is ingested. These gateways also allow waste products within the cells to be released.

effectively dealt with by the liver, but oil-soluble toxins are not as easy to remove. Many of the most toxic chemicals, including some agrochemicals are oil-soluble. Oil-soluble toxins tend to build up over time; they gather in our tissues and interfere with the normal structure and function of our cells.

But when toxins accumulate within the fat tissues, our cells become less malleable. Instead of being soft and flexible, our cell membranes can become hard and rigid. When this happens, the cell's ability to absorb essential nutrients declines, and so does its ability to detoxify waste products; each cell starts to age prematurely and some may even die.





## The ultimate rejuvenation therapy

Panchakarma is often called a rejuvenating therapy because it eliminates any blockages in your body's natural flow and function. This in turn allows your digestion and metabolism to get more benefit from the nourishment you ingest, to create better health going forward. Panchakarma is a unique treatment in that it has a profound global effect on the health of your body and mind.

All the old texts of Ayurveda recommend Panchakarma not only for prevention but also for the treatment of any disease. This is the reason why over 30 years ago Maharishi Mahesh Yogi, the founder of Transcendental Meditation, started to introduce Ayurveda to the West and to encourage the establishment of Maharishi AyurVeda centres that offer Panchakarma treatment.

The purpose of our Maharishi AyurVeda centres is in the prevention and promotion of health and that's why they give simple strategies for Panchakarma that can be easily implemented into your lifestyle by taking a week or so off. Ayurveda recommends Panchakarma once or twice a year. This ensures an ongoing process of cleansing and healing so that you keep in balance and prevent diseases from arising in the first place.

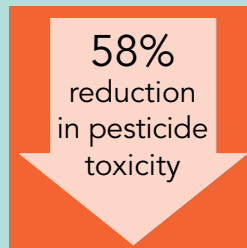
The ancient tradition of Ayurveda recognised the cause of this premature ageing process and has created various Panchakarma treatments to prevent and reverse this and rejuvenate the body.

One treatment, called 'Virechana', has the patient ingest increasing amounts of ghee over a specified number of days. Ghee is one of the few oils that can easily cross the blood/brain barrier. When ingested during Virechana treatment, ghee allows the toxins that have become stuck within the cells - even within brain cells - to dissolve within it.

Other Panchakarma treatments apply oil externally, through massage or 'Abhyanga'. These oils are absorbed deep into our tissues to soften the cells and allow the easy removal of toxins.

### Using our internal detox system

Once the cells are ready to release their toxic load, heat or 'Swedana' is applied to the body. This opens the body channels so that the toxins can start to move into the circulation. The natural detox system of the body then starts to kick in. Our body has automatic purification systems to remove any toxic waste product whenever it has the chance and Panchakarma treatments are designed to facilitate our own natural cleansing processes. The body will now take the toxic waste from the circulating blood into our liver, then into our gut, then out of our body altogether.



12 days of  
Panchakarma

Reference: *Alternative Therapies in Health and Medicine*. Vol. 8, Nr. 5. S. 93-103, Sept. 2002

### Can healthy foods create toxins?

It makes sense that when you eat foods full of pesticides and artificial ingredients they will add to your toxic load. But did you know that most of the toxins that build up your body might be the result of eating perfectly healthy food?

Your diet may consist of the healthiest whole organic foods but you can still be creating toxins according to Ayurveda. How can this be?

You are constantly recreating your body from food, so the quality of this food, and eating the right food for your body-type, are both seen as important in Ayurveda. But what is just as important is the state of your digestion or 'Agni'.

If you eat when you are not hungry, eat when you are upset, eat too much, snack between meals or eat heavy meals at the wrong time of day you may be creating a toxic substance called 'Ama'.

Ama is the toxic by-product of incomplete digestion and the accumulation of Ama in your body tissues is considered by Ayurveda the seed-bed for 90% of all illness. Lack of appetite, aching joints, a coated tongue in the morning, bad breath, sleepiness after eating, heaviness upon waking, and feelings of weakness and lassitude are all symptoms of the accumulation of Ama.

Removing toxic Ama is one of the main actions of Panchakarma. There are also key Ayurvedic routines and herbal remedies that support your digestive fire and the detoxing of Ama and other types of toxins.

## Ayurvedic detox remedies

Early morning tongue scrapping, sesame oil pulling (through the mouth and teeth for 10 minutes) and oil gargling are all Ayurveda cleansing techniques to remove Ama, metabolic waste and bacteria that gather in your mouth throughout the night. These practices prevent toxic material from contaminating your brain and digestive tract

Sip small amounts of hot water between meals (not immediately before or after meals, though sipping warm or hot water during meals is recommended). This helps dissolve Ama and stimulates digestion.

As a digestive aid, drink ginger or cumin tea 30 minutes before eating, or with your meal.

If your appetite is low before a meal, eat a thin slice of fresh ginger with a little lemon juice, honey and a pinch of salt

To get your digestive juices really working, before eating, take the Maharishi AyurVeda preparation Trikatu with Clove (MA99) to help stimulate Agni (digestive fire). If taken after a heavy meal, this formula helps your digestion to cope

Some prefer a milder digestive stimulant that Trikatu with Clove, in which case take one or two Herbal Digest (MA927) tablets as an appetiser before food.

When taken after meals, it helps balance digestion and reduces the production of gas.

The best herbal remedy for removing Ama - the results of poorly digested food - is Triphala Rose (MA505). Besides helping you detoxify Ama, and other toxins within your body, Triphala Rose helps in the efficient absorption of nutrients. Its overall effect is to support overall health, energy and immunity.

Most internal cleansers focus only on the digestive tract and colon. Yet toxins are not confined to this area and can be found in every cell of your body. Detox (MA1010) is designed to purify Ama, and other toxic waste throughout your whole body. In doing so it also helps your cells absorb vital nutrients from the food you eat.

Some detox remedies have a hot quality to them and can make those with a hot body-type (Pitta Dosha) feel uncomfortable. If you naturally have more internal heat than others, certain foods, lifestyle and work habits, and weather conditions can easily over-stimulate your internal fire. Having strong body odour is one sign that there is an over-accumulation of Pitta. Detox Pitta (MA1663) is designed for those with a Pitta constitution and it supports the natural purification of the liver and metabolism.

For Panchakarma treatment visit [maharishiayurveda.co.uk](http://maharishiayurveda.co.uk) or [ayurveda-rendlesham.co.uk](http://ayurveda-rendlesham.co.uk) or call 01695 735351 or 01394 548764

For information on the Maharishi Ayurveda supplements, visit [maharishi.co.uk](http://maharishi.co.uk) or call 10695 51015

\*There are stories of the ibis and the stork performing enemas on themselves with their beaks, but some say that both species are actually extracting an oil that they use when preening their feathers, excreted from a gland that is close to their anus. It could of course be that both claims are true.

WRITTEN BY

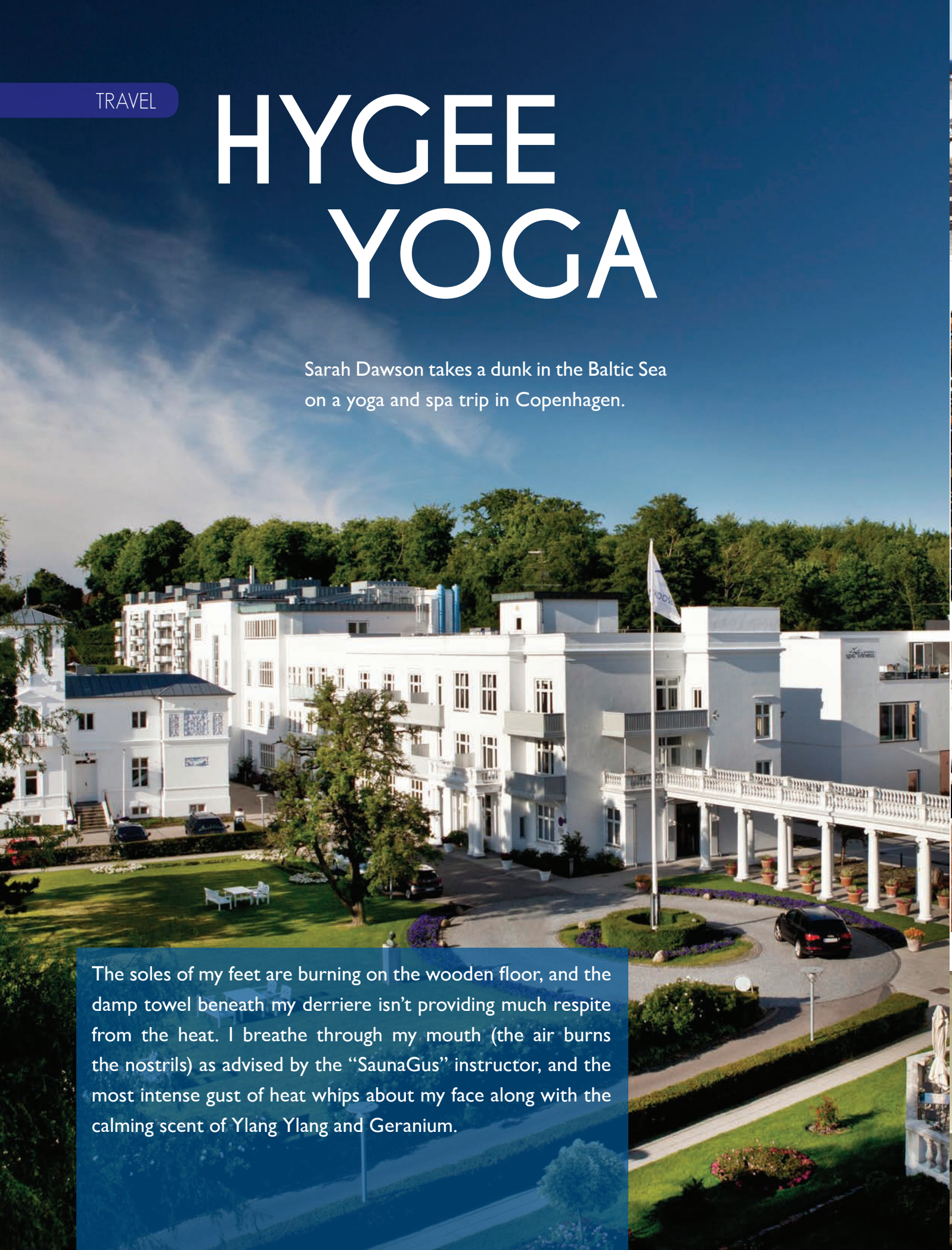
### PETER BROWN

PETER TOOK HIS FIRST COURSE ON MAHARISHI AYURVEDA IN HOLLAND IN 1984. HE BECAME A MAHARISHI AYURVEDA THERAPIST IN 1986, WHEN HE HELPED SET UP THE UK'S FIRST AYURVEDA CLINIC. HE IS A DIRECTOR OF THE MAHARISHI AYURVEDA CENTRE IN SKELMERSDALE, LANCS AND RUNS COURSES ON AYURVEDA, FOOD AND COOKING. MAHARISHI.CO.UK

TRAVEL

# HYGEE YOGA

Sarah Dawson takes a dunk in the Baltic Sea on a yoga and spa trip in Copenhagen.



The soles of my feet are burning on the wooden floor, and the damp towel beneath my derriere isn't providing much respite from the heat. I breathe through my mouth (the air burns the nostrils) as advised by the "SaunaGus" instructor, and the most intense gust of heat whips about my face along with the calming scent of Ylang Ylang and Geranium.



I'm visiting the Skodsborg Kurhotel in Copenhagen and experiencing their 'piece de resistance', the SaunaGus (Mist Sauna), which whips guests up into such a heated frenzy they're begging for a dunk in the cold sea across the road to cool down.



The hotel's SaunaGus instructors have won Bronze medals for their heat-flapping skills (yes, there are competitions), and Tina Andersen, our 'Gusmeister', is a fabulous ambassador - think Xena Warrior Princess meets Helena Christenson, she's strong, toned, beautiful and swims in the Baltic Sea every day.

Perfectly positioned beside the Oresund Strait which flows into the Baltic Sea, the relaunched Kurhotel Skodsborg is the largest Spa in Denmark. This former residence of King Frederik 7th turned Sanitorium in 1898 and continues to thrive on the wellbeing philosophy of its founder, Dr Carl Ottosen, namely air, light, water, rest, nutrition and exercise.



Prepare to enter a cool, minimalist, Hygge-rich ambiance where huge windows reflect maximum light, scented candles dance with the senses, and cosy sofas and log fires soothe the soul in the heart of winter. Yogi, what's not to love about this Royal retreat with Michelin-starred menus and juices to 'de-age', 'de-stress' and 'de-tox', Scandi luxurious style, and over 35 different yoga and meditation classes each week?

Back in the SaunaGus Tina invites us to detach from our external cares and worries. I'm beginning to feel quite serene then I covertly open an eye and observe Tina whipping her damp towel energetically, and regret sitting in the hottest corner of the sauna. She whispers: "just three more minutes" and I resist the urge to dash to the cold shower.



We follow Tina outdoors and cross the road to the hotel's private jetty where we face the Baltic Sea. There's six of us, each with puce faces, slicked back hair and white bathrobes. The first 'dunker' heads down the ladder and clad only in swimsuit we lower our bodies into the Oresund, which Tina confirms is a 'pleasant' 12 degrees. "The quicker you get in, the quicker you get out!" she adds.

I'm screeching and face contorting at the 'freezing' immersion, but after a few minutes I surrender then climb back up the ladder and into my cosy bathrobe. Pink blobs are patterning on my skin (that's the circulation adjusting to the cold) and I suddenly feel really high. In fact I find I'm whooping and begging "again!".

Cold water and sea swimming is reportedly on the rise in the UK and swimmers in my hometown Brighton notoriously dip on Christmas Day (the hardest, every day). It seems an act of madness, but there's method to it. Cold water gets the heart pumping, the circulation flowing, toxins obliterated and the immune system stimulated. Think of it as Shock Therapy. In sending blood to the vital organs the body also releases endorphins, which explains the elation and glee. The natural 'high' also comes from the activation of a neurotransmitter (noradrenaline), a natural antidote for depression/stress, which makes perfect sense - who can even remember their problems while wading into intensely cold water?

I head to the Yoga Suite for an evening class. The yoga growth in Denmark is similar to the UK, and the hotel offers over 35 weekly yoga/meditation classes from Astanga to Svaroopaa and handpicks top class instructors.


I've not come across Svaroopaa yoga so I opt for Piyana Pommer's class. Piyana (also a Shiatsu practitioner, Coach and Reflexologist) trained in the US, where Svaroopaa originates. In Sanskrit 'Svaroopaa' translates as 'finding your inner self or be your own bliss', and is described as a soft, meditative and therapeutic form. She encourages us to 'be in the body', rather than focusing on the body in action to gain a deeper experience of Self. After some gentle floor-based stretches, opening the hip flexors through deep lunges we flow through a Sun Salutation then a Warrior sequence before a blissful Savasana.

Next morning I join Hatha yoga teacher Ann-Louise Haarby for a stress-reducing Hatha class. I've only been up for an hour but I'm very happy to begin the session with a 30 minute Savasana and mediation. After warming up Anne-Louise works us up into Dog, Cat, Child's pose, and a standing sequence followed by pranayama and a final Savasana.

I spend the rest of my time at the Skodsborg indulging in the outstanding Michelin Starred expertise of Erik Kroun (the hotel won Best Restaurant in Denmark, 2017). I take a cookery lesson with the hotel's rather famous Michelin Starred Chef-turned-Crossfit-Guru, Author and Lifestyle Mentor, Thomas Rode. He's a strong ambassador for the Paleo diet, which influences the hotel menu - my delicious lunchtime sandwich appears to have an entire avocado sliced on very dense nutty bread and is topped with prawns and smoked salmon. I'm full till suppertime so I squeeze in a refreshingly upbeat evening meditation class with Bjork, who incorporates aromatherapy and trance music to open the heart.







The hotel fringes a Unesco wild deer park/forest known as “Dyrehaven” so I bicycle through the peaceful forest before another SaunaGus. In the Sea my companions are bobbing around in the water in wet suits in an aqua version of Cross Fit known as WOD with Thomas Rode, and after yesterdays calm the water is choppy so everyone is battling with the waves as well as the cold. The immersion is worth it for the subsequent ‘high’.

If you’re suffering with stress, anxiety, exhaustion or depression and don’t live near the Sea or a Lake, you could try Tina’s advice: switch from hot/cold/hot/cold in your daily shower. I’ve been doing it since my trip, and haven’t had a cold since. And if you’re after the real thing, book into the Skodsborg.

#### **VITAL STATISTICS:**

Kurhotel Skodsborg, Denmark is located 20 minutes from Copenhagen beside the ocean and forest.

A double room at Kurhotel Skodsborg costs from £167 per night (based on two sharing, including breakfast and full Spa access). Call +4545585800 / email [info@skodsborg.dk](mailto:info@skodsborg.dk) or visit [www.skodsborg.dk](http://www.skodsborg.dk)

#### **WRITTEN BY**

#### **SARAH DAWSON**

SARAH DAWSON IS A BRIGHTON-BASED JOURNALIST/AUTHOR, YOGA TEACHER & LIFE COACH. VISIT HER SITES: [KARMIYOGA.COM](http://KARMIYOGA.COM) AND [SARAHDAWSONJOURNALIST.COM](http://SARAHDAWSONJOURNALIST.COM)

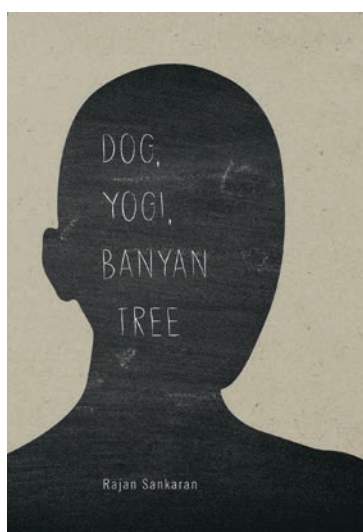
# WHAT'S HOT!



## TETLEY SUPER SQUASH

These delicious vitamin-packed squashes are a great way to top up essential vitamins whilst keeping yourself hydrated and are available in three great varieties. 'Boost' is a combination of berries and contains vitamin B6 to help reduce tiredness and fatigue, 'Immune', which contains tangy lime and elderflower with vitamin C to support the immune system, and 'Sunshine' a mix of orange and peach with vitamin D to help reduce tiredness and fatigue.

£2.29 from Tesco



## DOG, YOGI, BANYAN TREE

BY DR RAJAN SANKARAN

In this illuminating book, Dr Sankaran shares his incredible story of personal and spiritual discovery, and offers guidance to help readers walk down the same path to inner peace and enlightenment. Through a series of colourful yet frank anecdotes, he chronicles his transformative journey from his childhood in India when, losing his father at a young age, he became driven to seek wisdom and pursue a career in homeopathy, to his adult life as a highly successful homeopathic practitioner. Highly recommended.

£21 (Homoeopathic Medical Publishers)  
[dogyogibanyantree.com](http://dogyogibanyantree.com)



## TOFU PRESS

Finally! No more need for piles of books hanging around the kitchen surfaces while you press your tofu. Adam and Susanna at Tofuture have designed an easy-to-use press which squeezes the bland, unwanted liquid out of tofu prior to cooking. You simply pop the tofu inside, lock down the clamps and leave it in the fridge to press the water out. The clever design means the water is captured in the outer container, and it's also BPA free and dishwasher safe.

£23.99 available from [tofuture.com](http://tofuture.com)



## CARB KILLA™ SPREADS

These delicious spreads offer a 'guilt-free', protein-packed alternative for those looking to indulge but still maintain a healthy eating regime. Containing 20% whey protein, they can be smothered on top of your favourite foods, used in baking and cooking or eaten straight from the jar as a healthy treat. Available in three flavours: 'Milk Chocolate', 'Hazelnut' containing small, chunky hazelnut pieces, and 'White Chocolate Cookie' which is filled with crunchy cookie pieces.

£6.99 available from [grenade.com](http://grenade.com)



## KIRA HORMONAL BALANCE

This one-a-day food supplement is great for women on the go and helping to keep hormones in balance. It contains a combination of essential B vitamins, which are important for hormonal metabolism and balance and to help to maintain normal mental performance and normal psychological function, while vitamin C and folic acid also help to reduce tiredness and fatigue.

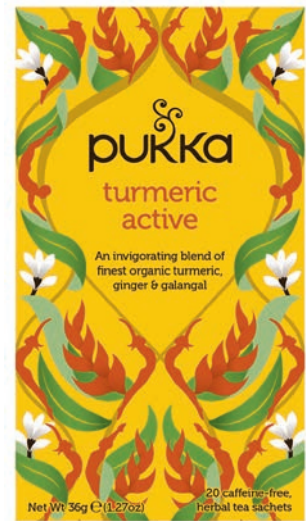
£11.40 available from Boots



## GLUCOSAMINE GEL

This fast acting gel contains a highly effective combination of natural ingredients for instant pain relief, including menthol, to offer an immediate cooling, soothing effect and capsiicum with its anti-inflammatory properties. These ingredients enable the gel to target the root of your muscular and joint pain, whilst instantly eradicating any pain or discomfort. Easy to use and highly effective, simply apply a thin layer directly to the pained area and gently rub until absorbed.

£3.29 available from [powerhealth.co.uk](http://powerhealth.co.uk)



## TURMERIC ACTIVE

Expertly blended by Pukka's very own medical herbalist and Ayurvedic practitioner, Sebastian Pole, this new tea helps strengthen and support. Using medicinal-grade herbs including turmeric, ginger, galangal and nettle, these 'super-herbs' are used to treat inflammation, alleviate pain and support the joints. The result is a warm, spicy and invigorating blend with sweet hints of orange. Simply delicious!

£2.49 available from independent health stores and [pukkaherbs.com](http://pukkaherbs.com)



## NEW ERA 8 MAGNESIUM SUPPLEMENT

Although found in many common foods such as spinach, pumpkin seeds and dark chocolate, magnesium naturally forms part of the structure of our bones and is therefore essential for good health and wellbeing. These supplements combine magnesium phosphate, in a tiny 'FastMelt' tablet which dissolves under the tongue for fast acting relief from muscle cramps and pain, as well as helping to alleviate flatulence, digestive issues and acid reflux.

£8.49 available from [powerhealth.co.uk](http://powerhealth.co.uk)

# WHAT'S HOT!



## JUDGEMENT DETOX BY GABRIELLE BERNSTEIN

The rise of social media has brought about a rise in being judged and judging others, and in her new book Bernstein discusses the topic of judging and how it is the core of our discomfort and many of our life blocks. She offers an interactive six-step process for dealing with and removing judgement from our lives and combines spiritual principles including Kundalini yoga, meditation and metaphysical teachings that enable us to honour the wound, witness your judgement without judgement and much more. Highly recommended!

£12.99 (Hay House UK) [hayhouse.co.uk](http://hayhouse.co.uk)



## SNACT BANANA BARS

These new bars provide a super tasty snack that provides natural energy without using artificial additives, flavourings or preservatives. Available in three tasty varieties, 'Apple & Cinnamon', 'Beetroot & Cacao' and 'Carrot & Spice', each bar is jam packed with fruit and veg on a banana base which counts as one of your five-a-day. Snact's bars use bananas that would otherwise have gone to waste for being too 'ugly' or not having quite the right level of ripeness.

£5.99 for 5 available from [snact.co.uk](http://snact.co.uk)



## SUNWAKASA GOLD PLUS

New research has shown that some chlorella extracts had an ability to inhibit an enzyme called elastase, which breaks down elastin in the body. By inhibiting it, chlorella may be capable of reducing age-related breakdown of the protein to provide a powerful anti-ageing remedy. These powerful supplements use chlorella whose cell walls have been broken down to ensure it is more easily digested and highly concentrated. Combining lemon essence and capsicum extract to produce a tasty liquid supplement which can be drunk as a shot or added to water.

£98.95 available from [sunchlorella.co.uk](http://sunchlorella.co.uk)

## SQUBES®

These new bite size seed cubes are made without wheat and are naturally high in fibre as well as being a source of protein, magnesium and good fats. Available in two scrummy flavours, 'Sea Salt & Black Pepper' made from sunflower seeds, pumpkin seeds, linseed, chia and nigella seeds, and 'Spiced Sesame & Almonds' which combines the same ingredients with almonds for an all-round nutritious snack. Perfect for those leading an active lifestyle.

90p and £2.50  
available from Whole Foods





## FROM THE HEART WITH LOVE SELECTION BOX

Newby teas has launched three stunning gift boxes for Valentine's Day, each adorned with a unique rose design. The elegant boxes feature a plush, red embossed background, embossed with exquisite wild roses, intertwined to create the hidden outline of a heart, and contain four luxury blends of Newby's award-winning Silken Pyramids, individually wrapped in dazzling sachets. The amazing teas featured are 'Strawberry & Mango', 'Rooibos Orange', 'Jasmine Princess' and 'Human Green'. Highly recommended.

£22 available from [newbyteas.co.uk](http://newbyteas.co.uk)



## SMOOTH CASHEW BUTTER

A delicious butter made using the highest quality cashew nuts, which are lightly roasted and stone milled to preserve their great taste and aroma, meaning there's no need for any sunflower, palm oil or other ingredients to be added to the mix. The rich nuts produce a satisfyingly moorish butter that can be enjoyed as a traditional spread or as an ingredient in everything from stir-frys to dips. Also available in 'Crunchy Pine Nut Butter' and 'Crunchy Pecan Butter'.

Prices start at £4.30 available from [naturalworld.com](http://naturalworld.com)



## ZINC LOZENGES

These zinc lozenges are suitable for all and have the added benefit of containing Rosehip and Acerola powder; both rich and natural sources of vitamin C, which helps to fight colds and flu. Alongside warding off symptoms of flu, zinc can also help heal wounds, decrease the risk of age related eye and chronic diseases, as well as supporting the body's natural defence and repair systems and attacking cancerous cells.

£6.99 available from [powerhealth.co.uk](http://powerhealth.co.uk)



## VITAMIN D3 ORAL SPRAY FROM POWER HEALTH

Maximise your chances of staying protected with this vitamin spray, specifically formulated to deliver the 'sunshine vitamin' directly into the bloodstream, providing a simple and convenient alternative to taking tablets. Suitable for vegetarians, flavoured with a hint of peppermint oil and handbag friendly, simply spray directly into the mouth once a day for maximum results. Each spray contains, on average, 25mg of Vitamin D3, which is the amount recommended by the NHS.

£6.99 available from [powerhealth.co.uk](http://powerhealth.co.uk)

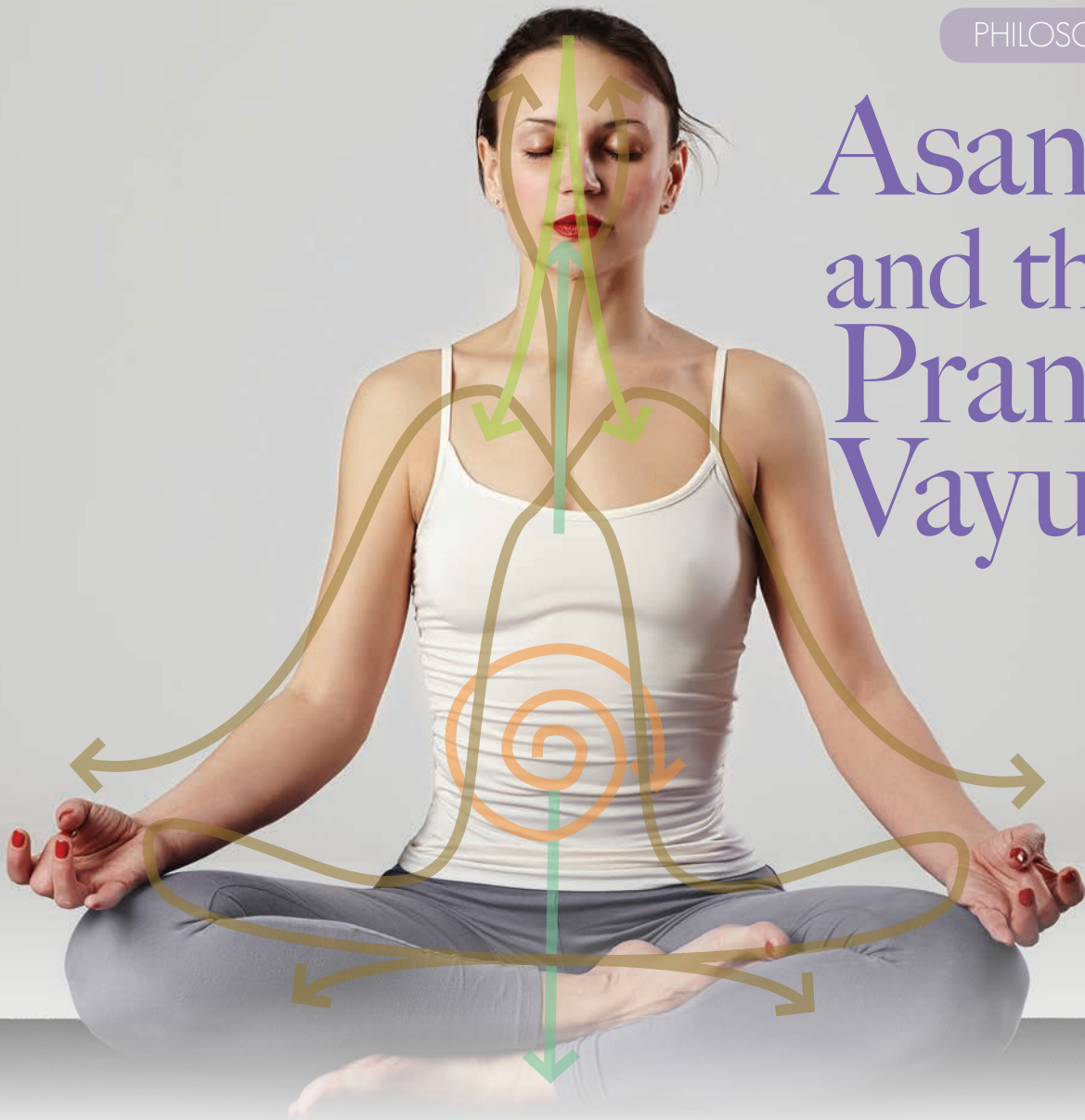
# Purple Balance

Plant-based  
Protein powders & Snack bars



[www.purplebalance.co.uk](http://www.purplebalance.co.uk)

# Asana and the Prana Vayus



The Prana Vayus are a yogic map to facilitate our experience of what it is to be a human being, to understand the movements of life energy and help us to awaken. Like any map they are not the territory. Taking teachings literally generally only leads to superstition, dogma, rigid belief and fundamentalism. Teaching metaphors and maps, in my view are meant as guides to inquiry not substitutes for inquiry.

In the splendid Tantric map of the Divine, there are two inseparable faces, the male still-point of love as formless consciousness and the female energy of love as creativity, movement and power. Everything that moves is made of prana. A further useful understanding is that prana has one primary quality and three aspects. Lets look at these.

The human body-mind is composed of all three aspects, the first of which is animated by the second, whilst the third is that which senses both animated and animation. In other words, one is matter, one is energy and one is individuated lucid mind.

In the living human experience the primary quality of Prana-shakti is unknown until the full arising of Kundalini and the descent of wisdom also called 'prajna' or 'pragya' through the central channel. The central channel is called 'Shushumna' in Sanskrit, meaning 'she who is most graceful' and 'Avadhuti' in Tibetan meaning 'beyond the two'. In traditional tantric practice it is not just ascent of Kundalini, but crucially descent of the feminine energy of wisdom that is also sought. This is mostly forgotten in modern tantra and kundalini yoga.

The first of these three aspects of Prana constitutes the atomic and molecular bonding and therefore the structural base of our cells and body. This is animated by the second aspect.

The second of these two forms of Prana is experienced in our body as a fivefold division of flows or winds (vayus) within the body - these vayus animate the body.

The third aspect of Prana has the flavour of knowing in a lucid clear way; it's creative appreciation and senses, knows and honours the other two aspects.

The primary quality of Prana Shakti can also be understood as matrix energy.

'Matrix' means 'womb' and this energy of the divine feminine face of the totality has no form and yet is the fount of form. Matrix energy moves through vibration and is thus divided into its quadruplet of energies, vortex, flow, radiance and life-energy. Matrix energy is all pervasive, supporting, moving through and as every element, every form. It is all elements, all forms and all of life.

'Vortex-energy' is also known as 'tamas', it is energy spinning fast in concentric rotation around itself and manifests as matter; it is the atomic bonding.

'Flow-energy' is also known as 'Rajas' and is energy moving in particle/wave probabilities and is detected as light, heat and the whole of the electromagnetic spectrum. This animates the appearance of solidity and yet also arises from it as solidity arises from it. These two qualities are fractal.

Radiance-energy is undetectable by the previous two and is known through its activity and vast presence and is only seen clearly from the still-point of consciousness. This is the energy of lucid mind and is also known as sattva.

Life-energy is the union and movement of all the above and the elements as the flow of living organisms and is experienced as the five prana vayus or directional winds in the body.

There is Prana Shakti, the ground of being. There is also the individuated experience of flow as prana which is an aspect of Prana Shakti. So to differentiate them there is Prana with a capital 'P' and the personal experience of life-energy flow as prana with a lower-case 'p'.







## THE FIVE WINDS

**PRANA VAYU** - located in the chest, stimulates and controls the rising movement of breath, speech and respiratory system, absorbs atmospheric energy and is responsible for reception, absorption and input. It is reaching out, taking in and levity. Here we consider it as related to the inbreath.

**APANA VAYU** - located in the lower abdomen, responsible for the lower trunk and organs of elimination, discharges babies, semen, menses, urine and faeces. What should be eliminated, what should not and when are all functions of apana. It stimulates and regulates movement with gravity. Here we consider it as related to the outbreath.

**SAMANA VAYU** - this fire in the belly is located in the navel, responsible for fire of digestion and assimilation of food, provision of energy, and

metabolism. It is responsible for assimilation and incorporation. It is that which absorbs what is required. It is inward force and distribution in all its aspects. Here we consider it as the experience of centring and also the breath that is the point of fullness.

**VYANAVAYU** - pervades the whole body, creates distinction, responsible for all sensation, grasping, lifting, relaxation of all muscles and joints. It also facilitates outward transportation and distribution. It is responsible for primary life processes. Here we consider it as the experience of expansion, sharing and the empty point of the breath.

**UDANA VAYU** - located in the throat and head. Responsible for thought, expression and communication, it is that which allows vocalisation as an upward and outward process. Here we consider it as the surrender of the ego-self to that which is whole and sacred, therefore sushumna nadi and the chanting of the mantra Om and its derivatives.

The first and foremost of these forces is samana, the centring force. This we experience initially in intelligent asana.

The second crucial force is moving with gravity and is like the roots of a tree, this is apana and is the essential second quality of asana, no roots equals no asana and no yoga.

The third force is upwards and arises solely from strong roots, weak roots limits the upward force. The upward force is anti-gravity and is rejuvenation.

The next force of outward expansive energy is completely dependent on the other three and yet is often the only force really considered in modern yoga. This will never work to facilitate asana being a force for awakening.

The last force is vocalised gratitude, which brings us right back to the beginning, gratitude to what, to whom and how? This is the beginning and ending of yoga philosophy.

WRITTEN BY

**CHRISTOPHER GLADWELL**

CHRISTOPHER TEACHES  
CONTEMPORARY YOGA-TANTRA  
UNDER THE NAME OF ENGAGED YOGA.  
CHRISTOPHERGLADWELL.COM

# YOGA THERAPY

## A soothing salve for Anxiety

By Larah Davis, Yoga Therapy & Wellness Expert

With one third of the general population reporting anxiety disorders at some stage of their lives (Guardian 2013), this often physically debilitating mental health condition is on the rise and can spiral into panic attacks and other disorders that can seriously damage your health and happiness.

Yoga Therapy is, in it's essence, holistic - treating the whole person, at every 'kosha' level of being, making it a highly effective option for those suffering from anxiety who have felt physically and energetically crippled.

Yet, what is anxiety? And how do you tell the difference between normal, day-to-day worries (which are patterns of thinking) and anxiety, which needs more conscious, self-care treatment?

"Anxiety is what happens when your habit of worrying spirals out of control" – says Mel Robbins, an internationally acclaimed coach and motivational speaker, whose Ted talks on curbing anxiety with her "5 second rule" have rated more than 2 million views.



It all starts in the mind (manomaya kosha), which influences the body (anamaya kosha).

Worries can be concerned or anxious thoughts that happen without you even paying attention to them. Yet the state of anxiety occurs when you feel the influence of these thoughts on your body: the mental anxiety, caused by repeated, or "stuck" worry patterns has tripped the switch in your nervous system to sympathetic, fight-or-flight, reactive mode. Physical symptoms include increased heart rate, sweating, dry throat, butterflies in the stomach, loss of appetite or insomnia. In essence, you experience the same physical signs of being in danger as animals do in the wild.

Anxiety impacts your breath – and your energy (pranamaya kosha) too.

With a shortened breath, thoughts become more rapid, repetitive and reactive, disconnecting you from your vijnanamaya kosha, your inner-wisdom, which enables you to see things from a higher, wider viewpoint. And this cuts you off from your anandamaya kosha (joy, bliss and happiness) in a big way.

So... here are 5 Yoga Therapy steps to (self) treating anxiety, gently, swiftly and easily:

(1) Lengthen your exhales to calm your body, nervous system and mind

Begin each morning with long, deep belly breaths on awakening IN bed (or, if experiencing a chronic attack of anxiety, lie on the floor).

- Place your hands over your belly and inhale slowly, smoothly and deeply through your nostrils.
  - Exhale navel slowly to spine.
    - Repeat 10 – 20 breaths, inhaling a colour that represents peace and calm.
    - Make exhales longer than inhales - inhale for 4, pause for 2, Exhale for 6.  
The longer exhales release "Apana" the excess mind-stuff that is toxic for your body and being.

(2) Get out of your head and into your body – through your feet!

- Bend knees to align over heels, hands on belly.
  - Inhale, breathing fully into heart, diaphragm and belly.
  - Exhale and press all four corners of the feet into the earth, feeling your legs engage and stabilise you safely.
  - Keep your lumbar spine and sacrum earthed.
  - Visualise releasing anxious energy when exhaling.
- Repeat 10 times

(3) Interrupt the obsessive compulsive mind-loops by turning your mind (almost) upside down (and nourish your parasympathetic nervous system - your rest, digest, procreate, eliminate)

- At the end of your 10th exhale, pressing firmly down through your feet, lift your hips up off the floor (or bed).
- Simultaneously raise your arms up above and behind your head.
- Maintain hips raised, inhale for 4.
- Exhale for 6, uncurling your spine.

(4) Activate your "Samana Vayu" to twist out the mind-stuff (and digest the mental-emotional charge)

- Open your arms at shoulder height, exhale knees to your chest.
  - Inhale deeply and slowly exhale your knees to the right, head to the left.
  - Inhale to centre and exhale knees to the left, head to the right.
- Repeat 3 – 5 times

(5) Use the VIP of restorative poses at regular intervals

- Place your legs up the wall - or over a chair - to nourish the adrenals and kidneys (which go out of balance when piqued by anxiety) and promotes deep restoration for your nervous system and mind.
- Invest in a good Yoga Nidra app for daily self-healing, guided meditations

And finally, keep a journal. Note situations and circumstances that trigger your anxiety and give yourself a few moments to reflect after each practice on any insights that arise.

WRITTEN BY

## LARAH DAVIS

LARAH IS A YOGA THERAPY EXPERT, WELLNESS COACH AND FOUNDER OF LEADING WELLNESS BREAKS COMPANY, IBIZA RETREATS  
IBIZARETREATS.COM

# URBAN ZEN

Urban Zen was founded as the result of a dream to create a positive place for like-minded people to play, move and thrive.

Our aim is to offer you the tools to live a healthy, honest, happy life; to provide you with a haven where you can take care of your body and mind through authentic yoga, feel-good exercise and holistic therapies. We believe that exercise should be mindful and enjoyable; it should not be a chore or leave you injured or depleted. It should be simple but effective, flexible yet consistently of a high quality.

With a wide variety of yoga and movement classes we really do have something for everyBODY. Offering Ashtanga, Hot Vinyasa, Pregnancy yoga, Family and Child yoga, Chair yoga, Barre Workout, Ballet, Contemporary Dance and much more...

Come and join the revolution, discover your best version of you at Urban Zen. No joining fee, no monthly membership, just simple online booking to suit you.



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# Jo

## OZDEN

Jo is the owner and resident yoga guide at Yoga Holidays Turkey founded in 2009 with freedom-seekers coming year after year to indulge in her teachings.

Yoga came into her life just at the right time. She had lost her dad in a car crash when she was 25 and was suffering from Rosacea on her face for 13 years. She was full of grief that manifested in her continually living in fear, being a workaholic, angry, frustrated and an expert at self-sabotage.

In her first yoga class 16 years ago, she discovered her breath, and in a second of quietness and conscious breathing her mind became silent, her body softened and in that second of what felt like bliss gave her hope and the courage to change her life.

Selling her hairdressing business and home in the UK she moved to Turkey with her family and indulged in her yoga practice to begin facing up to her suffering an intense body pain.

Slowly over time and hours of self-dedication, the effects of her practice guided Jo through recovery. Her rosacea started to fade, and her mind and life began to open up. Jo began to understand and release her emotions that had kept her stuck and unhappy for years. Her fascination with what she had discovered about herself led her to write an e-book 'Tune into Yourself or Suffer'. Jo then became a certified core strength Vinyasa guide and studied Yoga Anatomy with Leslie Kaminoff.

Jo's 'Change-Makings Retreats' and growing reputation of flowing people into there magic, run from May through October. In the winter months, Jo hosts 'Freedom-Seeking Workshops' throughout the UK.

Jo is passionate about her breath-centred practice and the profound effects it has had on her body, mind and spirit which has healed her from the inside out.

**To download Jo's E-book for free, and for more information about Jo and her life-enhancing yoga retreats, visit [yoga-holidays-turkey.com](http://yoga-holidays-turkey.com)**



BEGINNERS POSE



VIRASANA  
**HERO**  
POSE

## HOW TO PERFORM

- Come into a kneeling position. Knees a comfortable distance apart and gently lower your buttocks down onto your heels keeping the tops of your feet flat on the floor.
- Rest your hands comfortably on your thighs. Allow your shoulders to relax down and your spine to find length in its natural alignment.
- Softly close your eyes and become aware of your breathing encouraging the inhale to be long, slow and deep into the belly. Stay for 6 to 12 deep breaths.

## BENEFITS

- This pose opens your quadriceps, hip flexors and sacrum, stretches the thighs, ankles, knees, and feet. It also improves posture.
- Great position for mediation.

## MODIFICATIONS

- If you feel any discomfort to the fronts of the feet you can place a pillow under your feet.
- If it is hard for your buttocks to reach to your heels, put a cushion between the heels and the buttocks.

INTERMEDIATE POSE

# HALF SADDLE/HERO POSE





## HOW TO PERFORM

- Sitting with both legs extended tuck the left leg backwards and find your seat comfortable on the earth. Lift chest slightly to allow for the spine to align and naturally lengthen.

## BENEFITS

- Half Supine Hero pose provides a great stretch to the front of the thighs and increases flexibility in the knees.

## MODIFICATIONS

- Place a cushion underneath the buttocks for more comfort if needed and to help level out the hips.
- Awareness of your breath for 6 to 12 deep inhales and exhales.

ADVANCED POSE

SUPTA  
VIRASANA  
**SADDLE**  
POSE



## HOW TO PERFORM

- From kneeling sit back on your heels, the top of feet flat to the floor.
- Feet together and widen the knees to a comfortable distance, use your arms to help support you and lower you down slowly and mindfully to the earth.
- Once down and comfortable bring your awareness to deep slow belly breaths and stay here for 6 to 12 breaths or as long as possible.

## BENEFITS

- Opens your quadriceps, hip flexors and sacrum.

## MODIFICATIONS

- Place a bolster underneath your back and lie down.

## CONTRAINDICATIONS

- Any knee, ankle or back injuries need to be looked after.
- Proceed with caution if any of those joints are sensitive.

# BREATHE, RECEIVE AND IGNITE YOUR MAGIC

Indulge in this self-nourishing sequence and allow your breath to be your guide to flow you deep into your unique self. Creating space around your heart and shoulders that naturally ignite feelings of self-love, Courage and freedom.



## **Hero's Pose**

Virasana variation

In Hero's pose tune into your slow inhales and exhales and swish the arms forward rounding the back of the shoulders and offering space to the back of the heart. Pause here and allow the breath to discover the back of the body

### **Hero's Pose**

Virasana variation

Tune into your breath and open your arms like wings behind you feeling spacious in the front of heart and chest. Allow your slow deep inhales and exhales to be your guide as you flow through these arm swishes 6 to 8 times.



### **Cat Pose**

Marjariasana

On your hands and knees and flow into Cat pose arching through the length of your spine feeling space to the back body.





### **Cobra pose**

Bhujangasana

Slowly start to wave forward from Cat pose. Lower your hips and pelvis onto the earth flowing up into Cobra pose. Press your palms into the earth, elbows soft, and pause and feel for 4 to 6 nourishing breaths.



### **Locust Pose**

Salabhasana

From Cobra pose roll down onto your belly and chest and clasp the hands behind your back. Lift the head, shoulders and chest and ease the hands down towards your tailbone. Pause and breathe for 4 deep breaths allowing space to flow into the heart space while giving your shoulders a lovely release.

## Lunge Pose

Anjaneyasana - Variation

From kneeling step the right foot forward, knee above the ankle. Clasp the hands behind the back and reach the fists down towards the tailbone. Lean back lifting your chest lowering the head back if it feels right to do so. Pause for 4 to 6 deep breaths. Repeat on the other side.

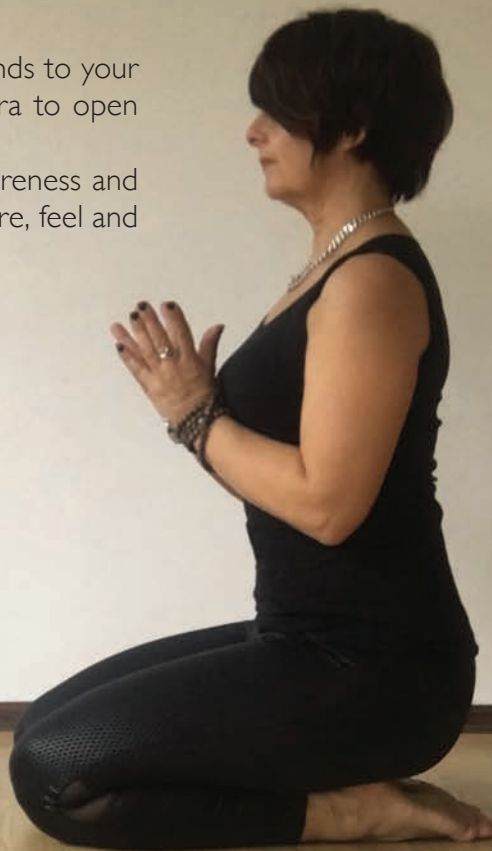


## Hero's pose

Virasana & Lotus Mudra

Return to Hero's pose. Hands to your heart centre in Lotus Mudra to open the heart to joy.

Close your eyes. Bring awareness and focus to your breath. Be here, feel and notice. Namaste.



**KUMBHA (AQUARIUS)**

January 21st to February 19th

Health and fitness will be on your agenda, encouraging you to explore new and interesting outdoor pursuits, and you may even consider undertaking a physical and emotional detox program. This is an interesting time to start new projects and also take on more responsibilities. The month closes on a quiet note encouraging you to reflect and contemplate on your immediate future.

**VRISHA (TAURUS)**

April 21st to May 21st

February is a great month to pay particular attention to your eating habits, so concentrate on your health and book yourself in with an Ayurvedic specialist or nutritionist. It's time to reflect and to move on from anything that is making you miserable, so take on new challenges and get yourself involved in projects that are important to your self-development. The month ends on an auspicious note.

**MEENA (PISCES)**

February 20th to March 20th

This is a great month as you learn to let go of negativity from your love life. Your natural leadership skills allow you to combat any potential threats from rivals. However as the stars are on your side you will triumph in matters to do with the heart. February ends on an exciting note.

**MITHUNA (GEMINI)**

May 22ND to June 21ST

The month starts on an exciting note. The throat chakra may be active and matters to do with communication will be high on your agenda. You may wish to speak your 'truth' with your loved ones as sharing your feelings and emotions with others will give you a confidence boost. February closes on a peaceful note.

**MEESHA (ARIES)**

March 21st to April 20th

February starts on a positively good vibe. Your heart chakra may be active which will encourage you to confidently engage in relationships that are in synch with your energetic vibrations. Studies, promotional opportunities and self-development and the betterment of your lifestyle may be high on your agenda. The month closes on a peaceful and tranquil vibe encouraging you to rest.

**KARKATA (CANCER)**

June 22nd to July 22nd

February starts with positive vibrations. This will encourage you to work on improving your relationships with your loved ones. You will also be inspired to formulate some new goals. The higher chakras may also be active, so use this time to explore and further your meditation practice. The month closes on a peaceful vibe.

“This is an interesting time to start new projects and also take on more responsibilities.”



## **SIMHA (LEO)**

July 23rd to August 22nd

A brilliant start to the year will encourage you to forge new alliances and friendships. The mantra for this month is change, so believe in yourself and your abilities. Create a new future for yourself, whether this changing your job or even moving home. February promises to be an exciting month for you – so enjoy! The month closes on a serene vibe.

## **VRISCHIKA (SCORPIO)**

October 24th to November 22nd

February is an exciting and enthralling month for you and your loved ones. This is a time to share and enjoy your life, so spend time to appreciate your life and the beauty of family and friendships. Be grateful for all good things that are present in your life and you will attract more. The month closes on an exciting note.

## **KANYA (VIRGO)**

August 23rd to September 23rd

The month opens with a good note as you constructively organise achievable goals. With the advent of positively good vibrations you will learn to move away from relationships that are emotionally toxic. The heart chakra will be active so this is a good time to give and receive love. February closes on an energetic note.

## **DHANU (SAGITTARIUS)**

November 23rd to December 21st

An introspective start to the month will help you take responsibility for your actions right now. Remember that only you can change the course of your life-journey, and although it may seem difficult at first you will be able to make it. Finances will be high on your agenda this month, and there is plenty of scope to turn your ideas into money-making projects. February closes with auspicious vibes.

## **TULA (LIBRA)**

September 24th to October 23rd

February begins with creative and encouraging vibes. Your lower chakras may be active and matters to do with home and intimate relationships will be emphasised. This is a great month to fall in love with work, life and friends. You may also wish to consider colour therapy to help enhance your emotional state. The month ends on a peaceful note.

## **MAKARA (CAPRICORN)**

December 22nd to January 20th

February will be packed with unusual and curious events that will keep you entertained. This is also a contemplative month as you learn to let go of old habits and embrace positively good ones. Exciting news is on the agenda, and a new job or friendship will inspire you to learn and create new ideas which will could lead to some lucrative projects. February will end on a relaxing note.

“Remember that only you can change the course of your life-journey, and although it may seem difficult at first you will be able to make it.”



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