



15-16 FEBRUARY 2019
Olympia Condon

YOGA & MEDITATION ZONE

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From 15-16 February The Best You Expo will return to Olympia London, bringing two days of experts, interviews, yoga, mediation, food, and wellbeing exclusives. This is a weekend of empowerment, entertainment and influence at its best, and we can't wait to see you there.

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FIND YOUR YOGA PERFECT-FIT

WHETHER YOU WANT RELAX, RESTORE OR RECHARGE, DISCOVER THE CLASS THAT HAS THE POWER TO TRANSFORM YOUR LIFE

We all know about the myriad benefits of yoga and meditation, but there's no such thing as a one-size-fits-all practice. Some of us seek greater flexibility, others want to balance out their mood, and many of us hope for a release from our busy, foggy-headed lives.

The latest wave of yoga and meditation classes aim to help specific health issues, meaning you can find the perfect fit for your needs. From IBS to insomnia, and from stress to poor immune system. there's a class out there with your name on it.

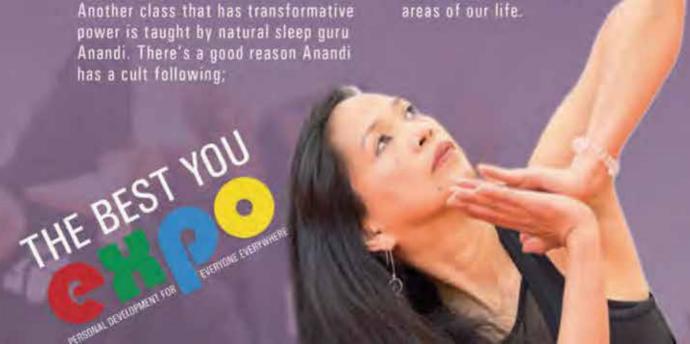
Tanya Goodman Bailey teaches techniques that help people to manage their digestive health in her class Love Your Belly (triyoga.co.uk). Tanya says "standard yoga practice with deep spinal twists can be too much for some people". Instead, she recommends very nurturing, healing practice, incorporating self-massage and acupressure.

Another class that has transformative

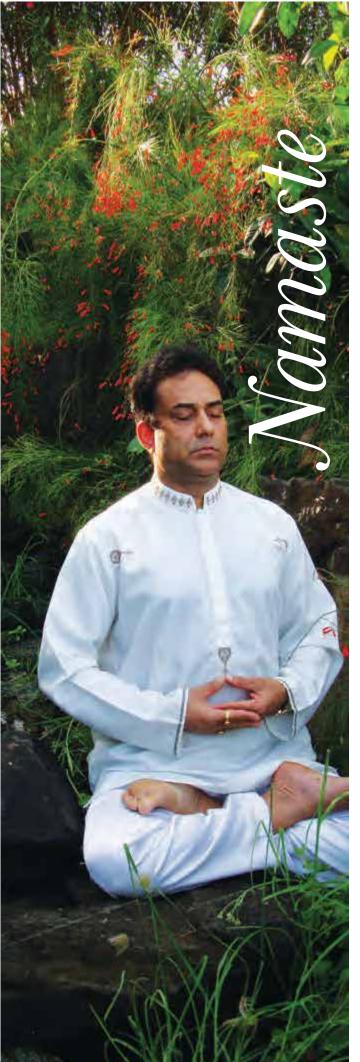
she has been working in the wellness field for 25 years and teaches how to use the breath as a healing tool, to quieten the mind not just for improved sleep but for wellbeing as a whole.

There are many paths to greater wellbeing. At The Best You Expo (the bestyou.co) you can explore so many different types of yoga and meditation class to find your perfect match. Instead of paying for lots of separate classes. you'll have the freedom to try more than free classes and workshops, as well as listen to over 180 talks.

The Best You Expo takes place in London from 15-16 February, aiming to inspire you to greatness in every area of your life. Forget flexibility or looking good in leggings, the real power of yoga and mediation is discovering what works for you. Because when the mind is rested, you'll not only sleep better, your relationships will improve and you'll feel more confident in all







Dear YOGA Magazine readers,

February is a lovely month and although not derived from yoga, Valentine's Day is a very special event in the calendar for many people. The 14th of February is associated with love, passion, romance and relationships and I hope that this month of love is a wonderful one for you. In the Indian sub-continent the celebration of love is embedded in the very foundation of its culture and disciplines such as Tantra yoga and this is encouraged the whole year through.

Martin Gill's exclusive feature on anti-ageing yoga postures and how to keep yourself looking and feeling youthful is perfect for anyone wanting to look their optimum best for Valentines day and beyond. Rosie Miles explores how getting away on a retreat is a perfect antidote for the stresses and strains of modern life and it's a reminder that getting 'away' to a blissful place may just be the ideal gift for you and your loved ones.

Amisha Ghadiali explores Karma yoga and this Valentine's Day you could make it special by doing some selfless service and giving back to the community.

There's lots more packed in this month's magazine, including a special interview with Madonna's former vocalist and dancer Danna De Lory about her new devotional music album. Forget strawberries and cream this Valentine's (or keep that) but also stack up on jujube fruit instead. This fruit is packed with antioxidants to keep you looking young, fresh and healthy. Helen Wang reveals the secrets of this special superfruit and shares some delicious recipes as well that you can share with your loved ones.

That's not all - Lucia Giovanni shows us the eight superfoods we should be eating for happiness, good health and vitality, and Rachel Cruickshank takes us through some practical yoga asanas and sets you through your paces with an exclusive Chandrra Namaskar (Moon Salutation) workout.

Happy Valentine's and best wishes - may you blessed with light and love.

jogimalik EDITOR



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February 2019

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FEATURES

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organic, yoga inspired clothing for men & women yoga accessories | eye pillows candles | jewellery | mala beads blankets | yoga mats & bags | bulk orders & discounts for yoga teachers



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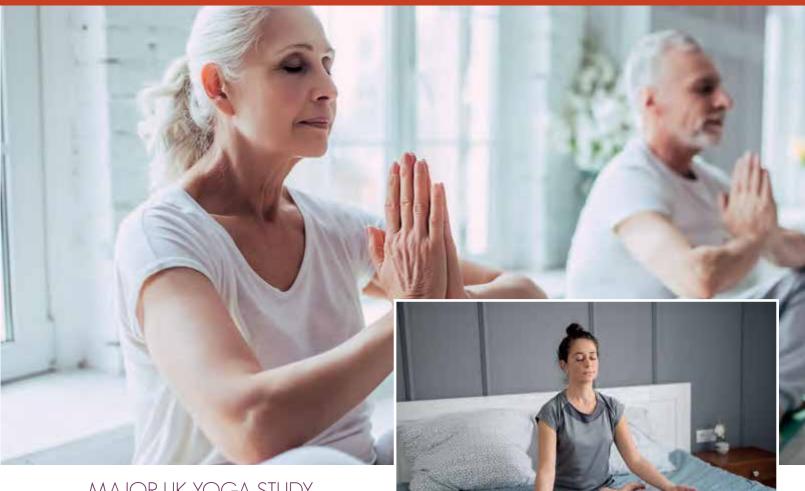








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MAJOR UK YOGA STUDY GETS APPROVAL

It has been announced that a new four-year study on how yoga can help older people with multiple longterm health conditions will go ahead at Northumbria University, Newcastle. The study costing £1.4 million is funded by the National Institute of Health Research (NIHR) and will recruit almost 600 adults aged 65 and above who have multimorbidity (the presence of two or more chronic medical conditions) from across 12 different locations in the UK. The participants will be randomly split into two groups: the first will receive their usual care, while the second group will continue their care alongside weekly group-based yoga sessions and encouragement to perform specific yoga practices at home, using The British Wheel of Yoga's 12 week Gentle Years Yoga programme. The programme adapts common yoga poses so they can be done using chairs so people with long-term conditions such as osteoarthritis, high blood pressure and dementia can safely participate. Their progress will be assessed after three, six and twelve months to monitor changes in their quality of life and mental health.

MEDITATION LOWERS STRESS AND BOOSTS EMOTIONAL INTELLIGENCE

In a recent randomised control study, the Center for Wellness and Achievement in Education worked with 96 office staff at the San Francisco Unified School District. The participants practised Transcendental Meditation - which involves repeating a mantra - over a period of four months. At the end of the study, researchers found that those who practised TM reported less perceived stress and higher emotional intelligence when compared to the control group. Emotional intelligence refers to an individual's ability to be attuned to their own and others' emotions and to be able to recognise and label each emotion appropriately. The findings were published in The Permanente Journal.

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YOGA AND ACUPUNCTURE MIGHT EASE MENOPAUSE HOT FLUSHES

A new study published in the journal Menopause, suggests that acupuncture and yoga could offer relief from the hot flushes of menopause – which is when women suddenly feel uncomfortably warm, become flushed and begin sweating. The research looked at previous studies and found that all of the women had been experiencing at least four hot flashes a day. The researchers discovered that hot flashes became less frequent over about eight weeks in women who tried acupuncture, attended yoga sessions or took health and wellness education classes, and overall they concluded that any intervention that drew the women's attention was more effective than doing nothing at all.

MEDITATION ADAPTS THE BRAIN TO RESPOND BETTER TO FEEDBACK

Researchers from the University of Surrey have discovered a link between meditation and how individuals respond to feedback. The study, published in the Journal of Cognitive, Affective & Behavioural Neuroscience used participants who were a mixture of experienced, novice and non-meditators, and were trained to chose images associated with a reward. Each pair of images had varying probabilities of a reward – some resulted in a reward 80 per cent of the time and some resulted in a reward 20 per cent of the time. Participants eventually learnt to select the pairing with the higher outcome. The study uncovered that those who meditated were more successful in selecting high-probability pairings, which indicates a tendency to learn from positive outcomes, compared to non-meditators who learned the pattern via low-probability pairings, which suggests a tendency to learn from negative outcomes.

YOGA COULD BENEFIT LUNG CANCER PATIENTS

A study by the U.S. National Institutes of Health on 26 patients treated with chemotherapy and radiation recorded that those who practised 15 one hour yoga sessions, especially practising poses which stretched the chest area and emphasised on taking deep breaths, performed better in a walking and endurance test than those who did not practise yoga.



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MINDFULNESS MEDITATION MAY TAKE THE EDGE OFF PAIN

A new study of 76 non-meditators who had a brain scan using functional MRI while being given painful heat stimulation, found that those who had higher levels of mindfulness during the heat test showed greater deactivation of the posterior cingulate cortex - an area of the brain that extends to the medial prefrontal cortex of the brain and continuously feeds information back and forth. This network is associated with processing feelings of self and mind wandering. In those that reported the most pain however, that area of the brain was highly activated.

LOOSING SLEEP IS BAD FOR MOOD

New research from Iowa State University looked at two groups of volunteers – one who stuck to their normal sleep routine of at least seven hours, and the other group who had their sleep hours cut by two hours every night, averaging around four and a half hours every night. They then tested how irritable they were using different noises in a quite room. Those who had their sleep cut were substantially more irritable and angrier than those who slept well every night.

MINDFULNESS HELPS INJURED ATHLETES

Researchers from the University of Kent looked at whether athletes can benefit from using mindfulness as part of the rehabilitation process to improve their pain tolerance and awareness. The study involved 20 athletes who had severe injuries, preventing their participation in sport for more than three months. Both groups followed their normal physiotherapy treatment but, in addition, the intervention group practised a 90-minute Mindfulness-Based Stress Reduction (MBSR) session per week for eight weeks. Results showed that the intervention group had an increase in pain tolerance and an increase in mindful awareness for injured athletes, while both groups showed a promising change in positive mood.



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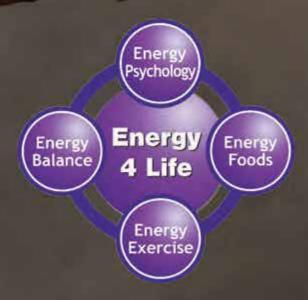
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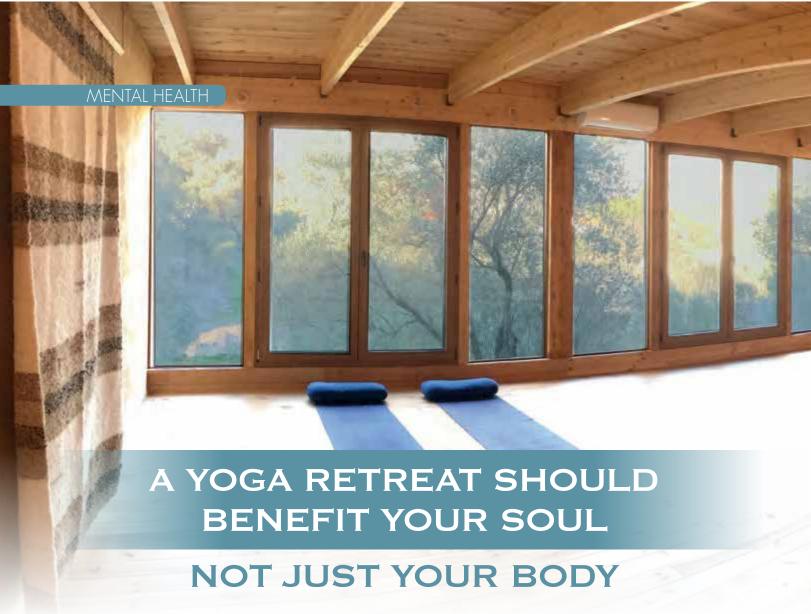




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If only we could work on our mental health burdens the way we go about keeping our bodies fit. And how I wish we could all stop being so 'British' about how well we're 'bearing up' – I'm so TIRED of asking my friends "How are you?" and being fed a limp "Fine thanks" in reply, when the heartbreak in their lovely eyes is there for all to see

NEGATIVE THINKING

For years I struggled with negative thoughts. I even named the voice 'Joan the bully' who, when I felt low, liked to take up residence in my head. I swear if I spoke to other people the way I spoke to myself, I'd have had no friends left.

A wise lady told me that most of the negative messages came from my 'inner critic'. "Everyone already thinks your nuts. Best not to admit you're hooked on Quavers." And sometimes they came from my inner child. "Don't offer her your last Quaver you idiot... are you nuts?"

What really shocked me was how few of the messages came from my conscious adult, grown up thoughts like: "The reason why that old lady is taking so long to find her Oyster card is that she is old. Be patient. Giving her daggers won't get you to work any quicker."

MENTAL HEALTH IN ANCIENT TIMES

Mental health advice in antiquity was simple: "Know thyself" said Socrates, Aeschylus, Buddha, and Jesus. They could also have said "FACE thyself" which is almost impossible when we are socially conditioned to spend our lives scrolling, swiping, texting, tweeting, posting, snapchatting, driving, tidying, googling, running marathons, anything to escape that nasty, whining inner voice that tells us how utterly useless we are at everything.

A recent Kaliyoga guest from Wiltshire said: "I was all over the place when I arrived. Stressed, bloated, in dire need of rest. But over the week Kaliyoga picked me up and gently put me back together again. When I left I was a new woman"



FEELING AT HOME AND CONNECTED

One of the things that a good yoga retreat experience will do is make sure that everyone feels seen, connected, and guided according to their needs. A recent guest was guided to our Sound Healer - she discovered that she needed to give herself permission to start the book she had always wanted to write, but had been procrastinating for years. A recent male guest was guided to our Nutritional therapist for help with a digestive issue. Another guest wanted to bring some passion back into her life, so she is taken on a hike to forage for wild herbal remedies.

At Kaliyoga we encourage our guests to feel at home with whatever they're feeling. If they need to sleep for 3 days then that's what they need. If they need to let off steam by sprinting along a mountain path each morning, Kendrick Lamar blaring through their headphones, then that's what they do. If they need to curl up in the snug and tell their story to our resident mamas over a cup of Chai, then they do that.

ASKING FOR HELP TAKES COURAGE

I am astounded at the courage of each one of our guests. No longer content to 'cope' with their lives, they have chosen to secrete themselves away for 7 days in order to learn how to fall in love with life again - whether through our amazingly insightful yoga teachers, who, week after week, bestow the life-long benefits of yoga, or a therapeutic session with of our holistic healers, or a solitary walk through the beautiful Spanish countryside where they bliss-out to the sound of goat bells and the local farmer murmuring sweet nothings into the ears of his adored mule Sancho (I do worry for his wife....) But you needn't worry, because at Kaliyoga, there is something and someone for everyone. A recent guest

from Holland wrote in her feedback: "Kaliyoga changed my mind. Literally."





ROSIE MILES

Rosie's interest in yoga was sparked in her late 20's to treat and also began practicing with Godfrey Devereux at the Life Centre. After a few years she signed up to a teacher's training course at Windfire Yoga in Ibiza (with Godfrey Devereux). come her husband, business partner and father of their two children. Kaliyoga Retreats is the result of two people who embraced a life of yoga and allowed it to bring them creative fulfilment. For more information, visit kaliyoga.com



We are Heart Research UK, and we're the charity dedicated to your heart.

We inspire and invest in pioneering medical research, groundbreaking training and education, and in communities to improve their heart health for themselves. We're proud to have done this for over 50 years and we always want to do more.

Many peoples' loved ones are around for longer now because we have driven advancements in the prevention, treatment and cure of heart disease. We know research works and we focus on benefiting patients as soon as possible.

Since 1967, we've invested £25m in vital medical research, and spent over £2.2m on innovative community projects to improve the heart health of the nation.

We've played a part in many of the major developments that are now taken for granted. Whether it be funding six of the first eight successful UK heart transplants, funding the implantation of the world's first artificial heart or holding the first unique medical master classes to enable clinicians to learn from world-leading surgeons, our history is one of discovery and progress. We're not afraid to break the mould.

We're not like other charities. We never stop you in the street, knock on your door or phone you to ask for money. We simply treat you how we would like to be treated. Everything we achieve is thanks to the time and generosity of you, our supporters.

WHY WE DO IT

50 years ago, more than 70% of heart attacks in the UK were fatal. Now, at least 70% of people survive.

50 years ago, 80% of babies born in the UK with a heart defect died before their first birthday. Now, 80% survive into adulthood.

We know research works, but the 7 million people living with cardiovascular disease in the UK need it to work quicker.

For more information, visit heartresearch.org.uk, email info@heartresearch.org.uk or call **0113 234 7474**

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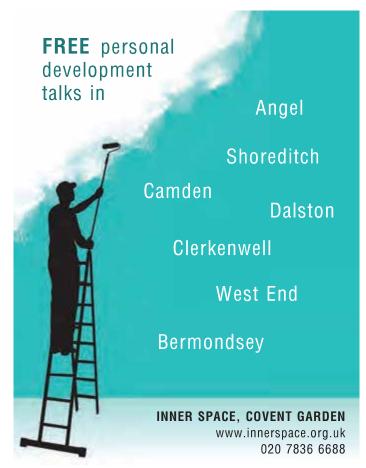


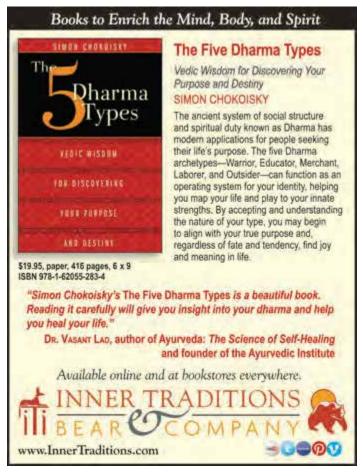


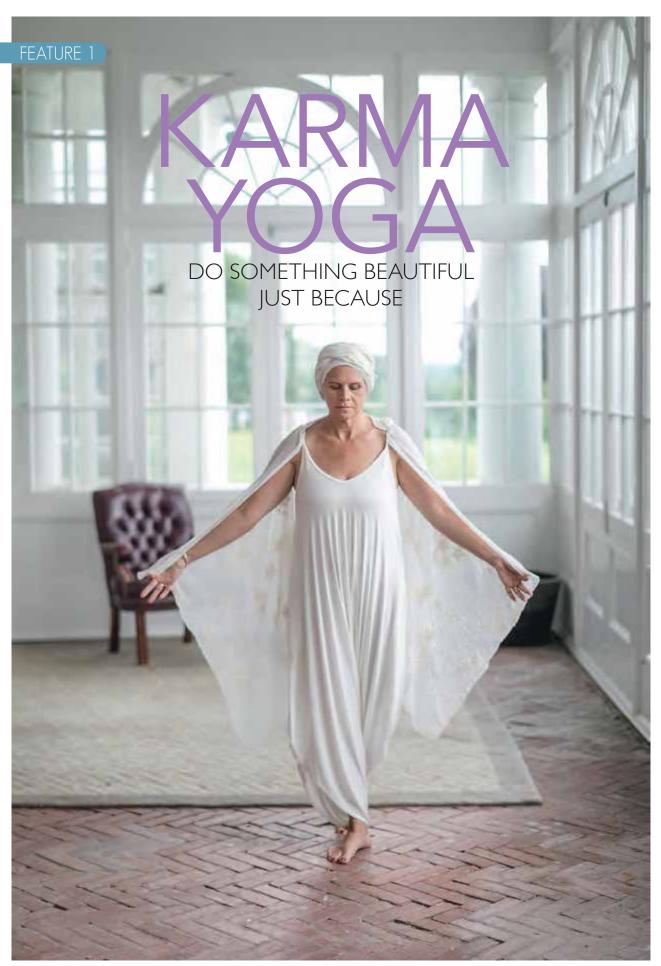
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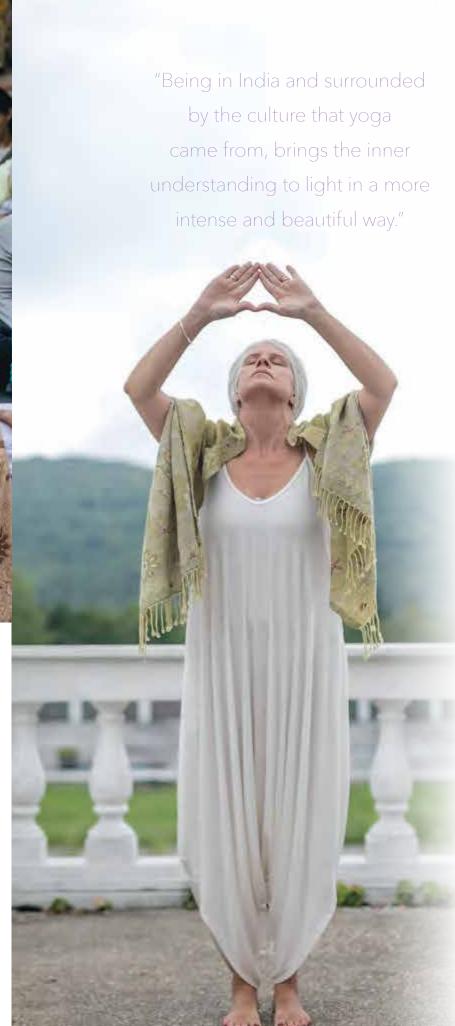
As we focus so much of our attention on the physical practice of yoga, we can miss the more subtle ways in which yoga is actually a way of life. Karma yoga is the yoga of action- it is an important aspect of the yogic path which means giving in service to the world as a form of devotion to something bigger than yourself. It means doing something beautiful just because - not for any reward or personal gain.

'Seva' in Sanskrit means 'selfless service'. Although the reality of seva in my experience is that it never is truly self-less although you may have that intention, as giving to others feels good and is a very healing and transformative action. There is an innate heart opening and feeling of satisfaction which often occurs with service. Mahatma Gandhi famously said "The best way to find yourself is to lose yourself in the service of others." This is yoga.



These acts of service can be small. It can mean showing up more fully for those in our lives, volunteering our time in our local community or doing something more international. When we are already full up and we have everything we need both materially and as the fruits of our yoga practice, we can share. Taking time to give to the homeless, visit the elderly, volunteer with children from disadvantaged backgrounds, looking out for our neighbours or teaching yoga to refugees. Whatever form it takes isn't so important as acknowledging that this is a part of our practice, as well as our lifestyle.

I have been interested for a long time in how we travel and make a difference. Travel is such a perspective changing adventure that can literally bring down walls inside of us and in the world as it challenges us to meet ourselves and redefine our understanding of race and borders. As yoga continues to grow and spread in the world, popularity in retreats is growing and more and more people want to visit India as part of their spiritual journey. It brings about questions about cultural appropriation and the effects of



spiritual tourism. I have for some time wanted to make my yoga retreats more sustainable and impactful in the local communities - so that as well as our inner transformation work, we can make a difference. We have to understand that we are of a 'travelling class' and that not everyone in the world is, and so it's important that we use this in a way that really holds respect.

I feel that with our overloaded western lifestyles, retreats are an important way of going deeper and resetting our patterns, and from spending much time in India I feel that there are experiences that you can only have there. Being in India and surrounded by the culture that yoga came from, brings the inner understanding to light in a more intense and beautiful way.

I am taking a group to India for a Seva Retreat this spring to Rishikesh, the birthplace of yoga where the holy river Ganga runs through, nestled in the foothills of the Himalayas in Northern India to give back in a real and needed way. In India it is estimated that over one billion people live below the poverty line - there are many children that do not have access to our basic human needs such as somewhere safe to live, clean water to drink and access to education.

We will be working with Ramana's Garden, an incredible children's home, refuge, school and organic cafe which provides support, care and education to over 200 of India's most vulnerable children giving them unbelievable opportunities to break the cycle of poverty, abuse and homelessness and bring their gifts into the world. The children who live in Ramana's Garden have been determined to be 'at risk'. Each child that comes through this gate arrives because they would be at risk of either being murdered, forced into prostitution, child labour, begging, starvation or total neglect otherwise. Ramana's Garden takes these children in and gives them a loving home, family and education so they have the opportunity to become independent and functioning adults, securing themselves a valuable position in society.



"This is an incredible opportunity to understand the true depths of yoga as well as visit India in a meaningful, eye and heart-opening way."

For our retreat we will spend five days in the children's home in Rishikesh - supporting the kids, playing, helping out with the opportunity to also explore the city. We will then travel up to Ambiya Retreat in the mountains where we will work on the land where the organic produce for the cafe and school is grown. This whole journey will be supported by other aspects of yoga as well Karma yoga including asana, meditation, mantra, spiritual teachings and sharing circles so that it is a fully held process and journey of discovery. This is an incredible opportunity to understand the true depths of yoga as well as visit India in a meaningful, eye and heart-opening way. This will be a life changing experience for everybody who takes part. If you love yoga, and you want to understand more about India, this is an incredible way to give back to those that really need it, in a safe and supported way. I love this notion showing up with our head, heart and hands. It's with our hands that we give.

When I interviewed Prabhavati Dwabha, the founder of Ramana's Garden about her story and the importance of giving, for The Future Is Beautiful podcast, she shared: "Life is better if you are honestly doing your best to make a difference for another being. If you know that in living your life - however you are - you are also making a significant difference for others who would otherwise have no chance."

Her spiritual teacher encouraged her to set up this children's home when she had no experience in anything like this. She rose to the challenge and has created something so beautiful that has literally saved the lives of hundreds of children over the past 10 years.

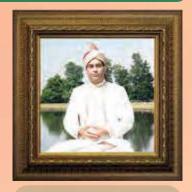
Into The Heart of Yoga Retreat: March 8TH-19TH 2019
If you feel a longing in your heart to serve, and want to go on an adventure – this is for you. Rise up as a spiritual activist and join us in India. Full Details at www.amisha.co.uk

Ramana's Garden Children's Home Sponsor a child or make a donation via **www.ramanas.org**

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ASK YOGI DR MALIK



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: info@yogamagazine.com





MORE FOR **MEDITATION**

Hi Yogi Dr Malik,

Apart from the Lotus pose are there any other Hatha yoga asanas that I can practise when sitting in meditation, and what are the benefits of doing so? I am a beginner to yoga and to my sister's surprise (she's been doing yoga for about 4 years) I can sit in Lotus pose, but she still hasn't managed to do so! Shirley

Hi Shirley,

Meditation can be practised in a variety of poses, depending on your outlook, physical and spiritual capacities and lots of other factors. Padmasana (Lotus) is one of the most popular ones to undertake when practicing meditation. It has been known to yogis for centuries and is associated with higher spiritual realms. Well done for being able to sit in Lotus as it is a hard pose to perform, but yoga is not a competitive practice and you should be measuring your own practice and development rather than comparing yourself against her. Having said that, in our society competition is prevalent in all walks of life and sometimes it can be a healthy factor that pushes you to get better in your practice and even help keep you motivated. But going back to your question, other popular and well-recommended postures to sit in for meditation practice include Vajrasana (Thunderbolt pose) and Siddhasana (Accomplished pose), and the latter is definitely one of my favourites. Not only is it excellent for meditation, the Accomplished pose helps balance energy at the lower chakras, especially the first one, Muladhara, and it also work on conserving pranic energy.

HOW TO PERFORM SIDDHASANA

- Sit down onto your buttocks and place the left heel at the perineum, and right hand over the left heel slowly pressing it against the base of the organ at the pubis.
- Now push the toes and edge of right floor in between the left calf muscle and thigh.
- Keep spine straight. Lower the chin and head so that the chin is touching the collarbone.
- If you want to modify the pose a little to make it more comfortable, prop cushions under your buttocks or use to support the knees. You can, instead of lowering the chin keep the head up straight.
- You can also sit in this asana and combine with hand mudras.

CONFIDENCE

Please can you suggest anything to improve confidence? I've just been employed as a lecturer, and although I'm okay to speak in front of an audience I still get nervous sometimes.

Janet

Hi Janet,

Firstly, congratulations on your new role as a lecturer. Yoga exercises are perfect for public speaking. You can work with pranayama exercises to help strengthen the throat and neck. Additionally working with asanas will also help, such as Simhasana (Lion pose). Try Lion exercise at least three times a week. Good physical asanas to practise regularly to help open the space around you and build confidence include Trikonasana (triangle pose), Garudasana (Eagle pose), Sarvangasana (Shoulder stand), Tree and Virabhasana (Warrior)

HEART HEALER

Hi Yogi Dr Malik,

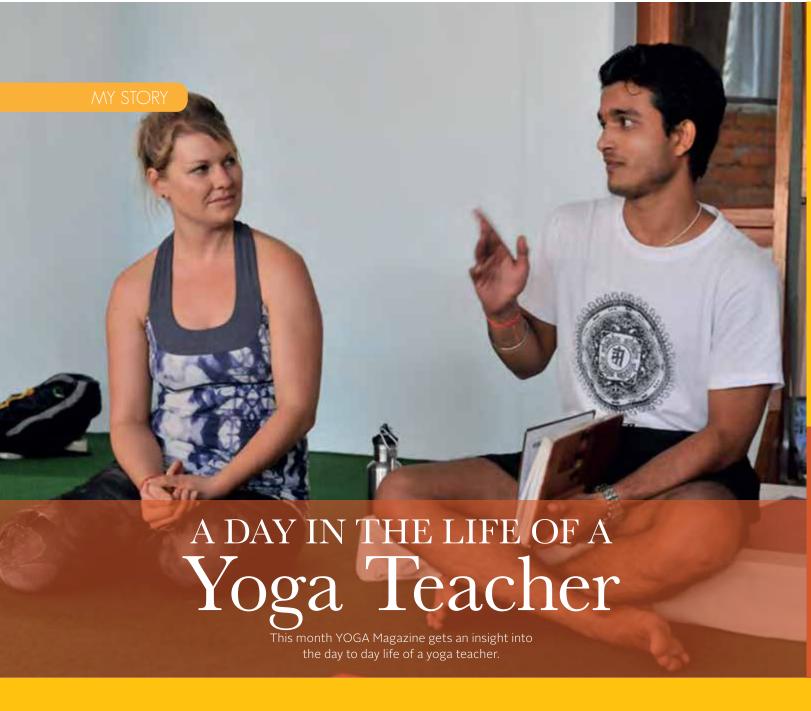
Is there anything I can do for a broken heart? My girlfriend left me about 2 months ago after a few years together.

Trevor

Hi Trevor.

I'm sorry to hear about your break up. Being broken hearted isn't a good feeling, but unfortunately it's part of the process and we all go through it at some point in our lives. If you are feeling very low try engaging in a new hobby and attend social occasions- rather than be left on your own. Also try walking meditation as well. This is particularly good for keeping you 'grounded' as well as keeping you active.

You can also get a lot of support from external agencies and support groups to get over this breakup. Increase your yoga practice (if you have one) and try and find a Kundalini yoga class. There are a number of exercises that you can learn to help you emotionally under the guidance of a Kundalini yoga teacher. Another general meditative practice that you can try is 'loving kindness meditation'.



I wasn't looking for a career change when I started yoga a few years ago but it gently grew on me like a wild love. Before I knew it, I had a practice going strong where I was influencing friends and colleagues to join my sessions. I loved how yoga relaxed and kept me sane and even at the peak of pressure I could perfectly work my inner Zen to kick in.

There was no end to this all-encompassing discovery of who I am and who I could be. Soon I completed a hugely rewarding yoga teacher training in India that enhanced my skills and expanded my network and I was finally, truly empowered to share my insights of yoga with the world officially.

Over the years, after I had made up my mind to teach the art of yoga, I chalked out a daily schedule that could sustain my life as a teacher. Here's a glimpse into my everyday--

6 AM

THE DAYBREAK RITUAL

I leave the bed a little after sunup and spread my mat in the veranda to meditate for not more than 5 minutes. This early morning meditation of mine comprises pranayama breathing and utterance of the eternal mantra- the aum.

Next, I get into my joggers and take a brisk walk around the park with my partner. The greenery is peace to my eyes and fosters a deep sense of calm. It's a delight to see the fledglings in their everyday merriment and that reconnects our soul with Mother Nature.

To prepare for a day of good digestion, I drink a glass of fresh lemon squeezed warm water.

A rejuvenating bath with skin cleansing, exfoliation, and moisturization follows. A line of herbal skin and hair care products adorn my bath, which I am very particular about.

8 AM

A LIGHT BREAKFAST PLATTER

It doesn't compel me to make my breakfast strictly about salad greens and superfoods every day. I allow myself an indulgence of a ham and eggs proper English breakfast every once in a while, though on most days it's either a high-roughage oats plate made with Indian style spices, or one of the many variations of my favorite quinoa recipes. To ensure strong bones, milk protein is a must for me. A tall glass of almond milk smoothie blended with seasonal fruits or spinach is never going to go out of my taste.

9 AM

TEACH

A typical busy day of a packed schedule kicks off at nine. It begins with an hour of strong vinyasaflow session in which everybody sweats it out but with a smile. The classes following next welcome beginners into light sessions of Hatha asanas.

To support my body through these intensive hours from 9 to 4, I stay careful not to miss on adequate fluid intake and munch on dry fruits to avoid midday energy crashes.

1.30 PM

LUNCH AND OFFICE

I take a quick lunch which is usually extremely simple. From salads to avocado toasts, lentil soups, or a smoked fish portion, anything goes!

Since about midday, my metabolic rate typically and quite evidently slows, I keep this time out for some clerical businesses. It's my time to chalk out new sessions and plan schedules for them, a little research on the ongoing trends of YTTCs, yoga retreats, and workshops.

Next, I concentrate upon updating my website with necessary information and broadcasts, answer to a lot of mails, and clear doubts of yogis wanting to train with me.

7 PM.

BREAK FOR DINNER, SELF-TIME, AND REST

At about 7 in the evening, I call it a day and head home and lovingly cook an elaborate dinner for two.

At 9 pm. I enter my yoga room for a restorative yoga workout, spend some time in the common room with my loved one for a cup of chamomile tea and finally get to bed at 10 to tuck the sheets over and sleep, happy and content!

TEN BY

BIPIN BALONI

BIPIN IS A PASSIONATE YOGI, YOGA TEACHER AND A TRAVELLER IN INDIA. HE PROVIDES YOGA TEACHER TRAINING CERTIFICATION IN INDIA. HE LOVES WRITING AND READING BOOKS RELATED TO YOGA, HEALTH, NATURE AND THE HIMALAYAS. WWW.RISHIKULYOG-SHALA.ORG





Julia Jones, for YOGA Magazine exclusively catches up with Donna to find out more about her new creation.

If you've ever danced your way through a yoga music festival or practised your poses to music, chances are, you've heard Donna De Lory's breathtakingly beautiful voice. The former Madonna vocalist and dancer has been creating the soundtrack to the yoga movement with albums like The Lover and The Beloved, Sanctuary, and The Unchanging since the early 2000s.

The devotional music diva's new self-produced solo album Here in Heaven, is a heart-soaring soundtrack for yoga, meditation, and everyday life. Mixed by Kevin Killen (whose popstar credits include U2, Peter Gabriel, Kate Bush, Elvis Costello) and featuring musicians who have recorded with Ray Charles, Beck and David Bowie, it's an intimately personal-yet-universal work for De Lory, with inspiring, openhearted paeans to the beauty of nature and love; and messages about finding heaven on earth, listening to your heart, and finding truth within.

Tell us about Here In Heaven, which is already garnering press in the US, Europe and Australia.

On this album, I'm talking about things that are very emotional, and I'm acknowledging that there's an opportunity to heal and to evolve. I'm witnessing the human experience and realising, "Oh, I identify with something much greater than this." That's the biggest reason why I do this music, and why I'm sure people chant. We all want to experience that unchanging truth that always has been and always will be, that we are all a part of. It's God, it's the love intelligence that runs the universe - it's the divine, which has many names.

What does 'Sat Siri' the featured mantra on your album, mean?

The meaning of the mantra, which I learned from Kundalini artist Sada Sat Kaur, is to identify with the eternal divine that we come from and return back to, and being one with this great undying truth. I've recorded a remix track of the song with Belinda Carlisle, which will be released next year.

The pop-friendly song 'Listen' is the first single from Here in Heaven. What's the story behind it?

It's one of two covers on Here In Heaven. When I first heard Listen on a record by Avasa and Matthew Love, I was entranced. My children agreed, wanting to hear it over and over. The song has some great universal messages in it, like tuning in to your soul to find the truth. There's also a message for humanity: to listen to each other's points of view and honour each other's perspective. I think it's a great anthem for our world, which is so divided right now.

I added a new original verse to enhance the song's message about listening to Mother Earth and to our collective hearts, and took the song to my daughter Luciana's third grade class, recording in the school auditorium. When you're young and you learn a song, you can pull a lyric out that resonates with you, and you can sing it anytime you want. Like, 'Listen to the sound of your soul, it's calling'.

I think it's important to encourage kids to sing songs that keep positive messages in their consciousness on a daily basis. Songs are mantras. We sing them over and over again. So let's give our children uplifting songs that empower them. That was the inspiration for me to record Listen. Because it's the greatest gift you can give someone."

De Lory's song "Listen" is available for free download at bit.ly/HIHListenFreeDL. Her latest music videos on Facebook and You-Tube are "Listen" and "Piano Man."

donnadelory.com

VRITTEN BY

JULIA JONES

JULIA IS A FREELANCE WRITER SPECIALISING IN YOGA, MEDITATION AND MUSIC.





THE JUJUBE FRUIT

YOGA Magazine was intrigued to learn about the jujube fruit and its numerous proven health benefits. It's a perfect accompaniment to any meal or as a stand-alone snack. We caught with the beautiful Helen Wang (founder of Abakus Food) to find out more. Her London based company is a food start-up company with a mission to make healthy eating easier, especially for busy people and that includes busy executives and mums. You can't fault such a mission and so we asked Abakus to provide us some recipes so we can enjoy the taste of the jujube fruit, known for its high antioxidants, vitamin C content (so it's perfect for skin) and other benefits.



Helen was born in China, raised in Germany and then moved to London where she worked in Finance. During that time, her mother used to send Helen 'carepackages' including jujube fruits to help alleviate stress. They worked so well for Helen she says that she decided to bring them to the UK market and make them available to a lot more people. Helen makes a sound statement: "making healthier choices doesn't have to be hard. Try these simple food swaps to add more nutrients to your diet and to stay happy and satisfied. Your body will thank you." Helen has provided a few delicious vegan recipes for you to try at home, so enjoy!





Chocolate Jujube Studded Banana Bread

GF, DF, Vegetarian

Nutrition per serving: 283 kcal/44g carbs/33g sugar/11g fat/5g protein/49mg sodium Serves: 10 // Prep time: 20 min // Cook time: 35 min // Skill: medium

INGREDIENTS

180g ripe bananas
3 tbsp raw cacao powder
2 tbsp coconut oil
60g coconut sugar
2 whole eggs
114 g ground almonds
70g oat flour
Handful of dried Jujube Fruits- roughly chopped
1/2 tsp bicarb
1 tsp baking powder
Pinch of salt
Dash of cinnamon
1 tbsp Cacao nibs

METHOD

- Preheat your oven to 180c and line a loaf tin with grease proof paper.
- In a food processor, combine the coconut sugar, banana and coconut oil and cream these together.
- Crack in both of the eggs and mix again.
- Next, add in all of your dry ingredients (apart from the Jujube) and blend until everything is well combined and you're left with a reasonably smooth batter.
- Stir through the chopped Jujube Fruits and cacao nibs if using and pour the cake mix into the lined tin.
- Bake this in the oven for around 35 minutes- or until a skewer comes out clean when pierced. Then transfer onto a wire rack and allow to cool.





Honey Roasted Brussel Sprouts

GF, DF, Vegetarian

Nutrition per serving: 236 kcal/38g carbs/19g sugar/7g fat/7g protein/90mg sodium

Serves: 2 // Prep time: 10 min // Cook time: 40 min // Skill: Easy

INGREDIENTS

250g Brussel sprouts 1 tsp coconut oil 1 tbsp raw honey Pinch of sea salt and pepper Large handful of Jujube Fruit Handful of pecan nuts Handful of fresh pomegranate seeds

METHOD

- Preheat your oven to 180c.
- Cut the Brussel sprouts into halves and spread these onto a baking tray.
- Drizzle with the honey, coconut oil, sea salt and pepper and toss everything together, to ensure that all of the sprouts are evenly coated.
- Roast these in the oven for around 30 minutes, until lovely and caramelised.
- Meanwhile, chop the dried jujube fruits into small pieces and reserve half of these to garnish at the end.
- Once the sprouts are cooked, scatter on the pecan nuts and half of the jujube fruit pieces and roast for a further 7 minutes.
- Garnish with some fresh pomegranate seeds and the remaining Jujube pieces.

"Find jujube fruits on Ocado, Grape Tree, Wholefoods, Planet Organic, Revital and independents. Share your creations with hashtaq #EatJujube"

Helen Wana



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Mika Yoga Wear's main goal is to design and create products that are made for movement, inspiring you to be your most positive and bold self.

In each aspect of their business, from design to production to sales, they set their standards high and are dedicated to creating an experience that celebrates their makers, doers, and community. Each piece is carefully crafted by their dedicated teams in Peru and Brazil, who bring their mission to life.

Family owned and operated, Mika's management team down to their production teams are treated with the highest ethical and business standards in the biz, and they love what they do, which is visible in the products brought to you! From supporting local artists and locally sourcing fabric to their eco-friendly line, Mika strives to make sustainable fashion accessible while continuing to stay on trend.

From their boutique shopping experience to their small batch manufacturing of their own product, Mika keeps their quality high and values their customers above all.

mikayogawear.com



OMGICO

This Los Angeles active lifestyle company is known for their focus on high-performance, sustainable products, like their leggings worn by Olympian Mirai Nigasu during the Winter Olympics, and their CorkPro yoga mat made from upcycled wine cork leftovers.

With their award-winning CorkPro mats, OMGI set the standard in high-performance, yoga mats. With a clear focus on product durability and grip, the OMGI team created one of the first 'no towel required' mats on the market.

OMGI operates a value driven company, and began their efforts when they donated proceeds of their 'One Love' legging to the victims of the shooting at Pulse Night Club, and now, through their new HealThy Self Collection, OMGI supports the families of those who have lost loved ones to suicide.

This allowed the brand to grow into one that is more than just a pair of leggings, but one that helps local communities with support through yoga and well-being practices. Their team helps yoga studios across America custom brand high quality athletic wear, yoga apparel, and accessories.

omgi.co





NITARA was founded by London-born Ashtanga Yoga Teacher and fashion designer Ellie Foden. Swapping the fashion world for yoga studios and many trips to India, those years of deep practice, travel and study ignited a fire within her. She struggled to find mat-wear that really reflected her lifestyle and environmental values in a modern and honest way, which is why she decided to design her own.

The word 'NITARA' means 'to be deeply rooted' or 'grounded' in Sanskrit - so, it's only right that their values flow in accordance to that: 'Yoga first, business second - always!' is the mantra and community, union and respect for the earth are their number one priorities.

The signature, super soft fabric, is constructed from 86% recycled plastic bottles and each of NITARA's unique and eye-catching prints are hand drawn by Ellie and are limited edition. This means that NITARA can limit waste, reduce stock and keep their collection fresh. Ever evolving, each design serving as a moment in time, a train of thought or a reflection upon their journey.

nitara-london.com





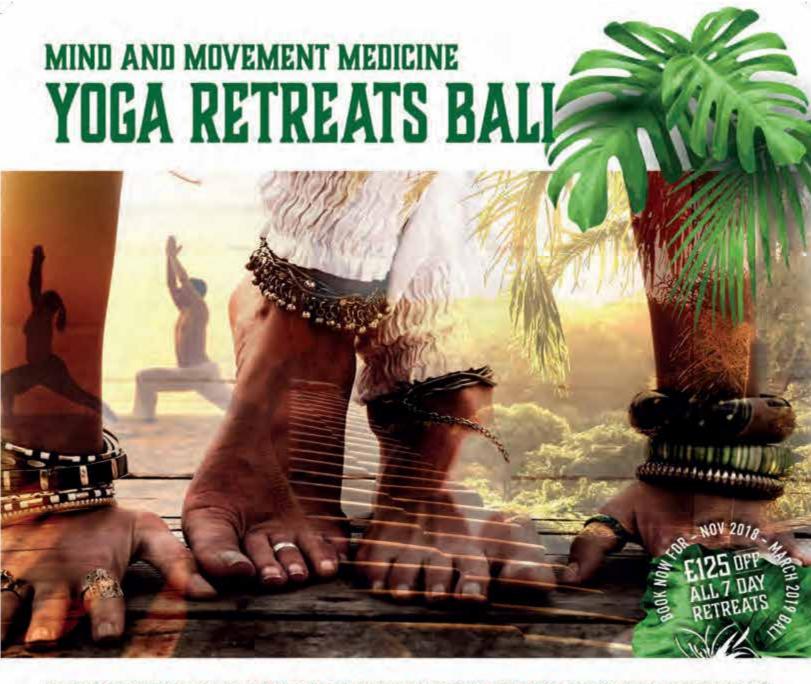
Urban Goddess yoga and activewear is an Amsterdam based yoga fashion label. Hip, cool and sophisticated yoga clothes for the urban yogini - that's Urban Goddess!

Urban Goddess is made for yogis by yogis. Owner and designer Marlene Smits has been practising yoga and meditation for over 25 years and teaching for 12 years. With all this experience she understands the needs of the female yogi. True to yoga tradition, all Urban Goddess styles are made with respect and love for humans and the environment.

Only GOTS (Global Organic Textile Standard) certified organic fabrics are used for production. The main collections are made with organic cotton and a little bit of elastane for the stretch that yogis need. Urban Goddess active wear collections feature a bamboo, cotton and elastane mix especially developed for the more dynamic yoga practice and up to medium impact sports.

Urban Goddess collections are not only designed for yoga, but also for off the mat. Making it an effortless mix and match with your casual wear wardrobe, Urban Goddess is feel good yoga fashion for the eco conscious yogini that likes to rock her look on her mat.

urban-goddess.com



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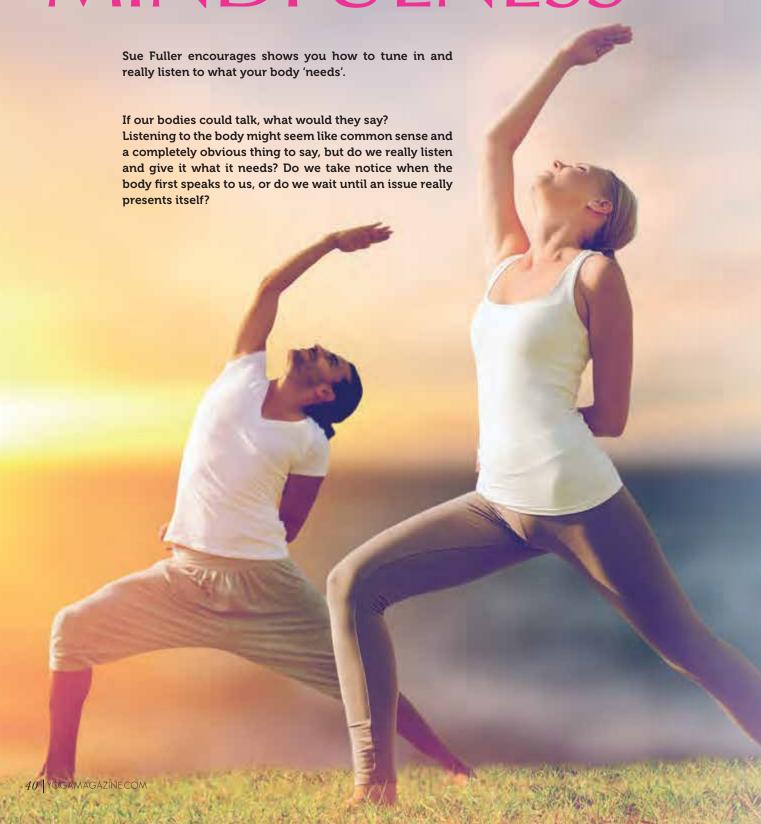
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For our own wellbeing it is worth reminding ourselves how important it is to really tune in and connect with different feelings and sensations physically and emotionally. Listening to the body and acknowledging how current conditions and situations might influence it is a huge challenge in itself and one not to be overlooked. Even things we take for granted such as general happiness or how we sleep at night can be influenced by internal or external conditions and each one will influence the body differently.

Our personal wellbeing influences all those around us, in the same way that the wellbeing of those close to us will influence our current state of mind and health. Life really is one huge ripple created by action and reaction. I am stating the obvious but when we really think about this it's not surprising that emotions, sensations and health continually rise and fall (even just the tiniest of amounts), we are constantly experiencing and exposed to change.

However, in addition to changes around us sometimes the ego kicks in and tells us to keep pushing even when we know we should rest. Then there are also those times when we feel lethargic yet we know we would benefit from activity but we decide to wait another day. There is a thin line that separates when to rest and when to be active. By really listening to the body and tuning into it we can work towards giving our bodies what they need.

Sometimes this happens all too often with our yoga practice, we might rush to achieve an advanced posture or refuse to omit a posture when we are nursing an injury. The same happens when we decide not to go to a class or roll out our mats because we feel lethargic when really the body would benefit more from the activity.

Becoming more mindful will help us to really listen to our bodies and notice the different signs and signals it is sending us. It might also help us to identify when the ego is in or has crept back into the driving seat. Yoga and mindfulness are wonderful tools and both help to develop a deep connection with ourselves. So why not combine the two practices?

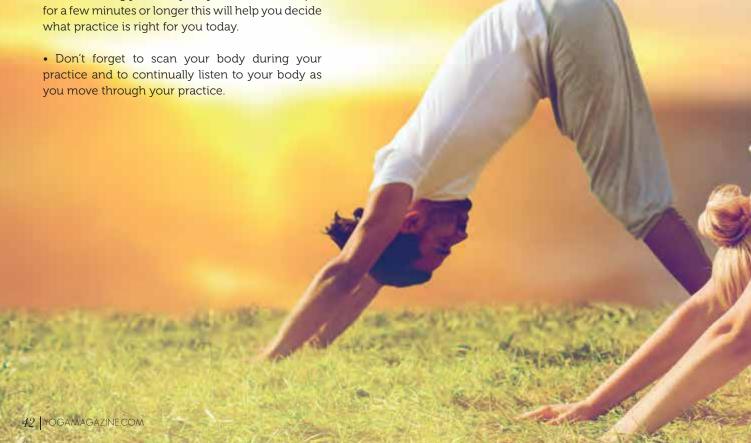
Both practices help to calm a restless or agitated mind and identify how the body and mind are responding to the current circumstances (whether physical or emotional). Both practices help us to connect with ourselves on a deeper level and encourage us to appreciate every moment and not take things for granted. Performing a mindful body scan prior to a yoga practice might highlight any areas of concern or any issues.

Becoming more mindful will help us to really listen to our bodies and notice the different signs and signals it is sending us.

Here is an easy technique to help develop Mindfulness within your yoga practice, so try this on your mat before you practise.

- Sit comfortably in any meditation pose or even on a chair. Make sure that your spine is straight and then tune into your breath. Breathe slowly in and out through your nose. Allow your breath to rise up your spine (this helps to lengthen the spine and encourages you to find your own natural straight spine). Picture your exhalation moving down and out through your sitting bones (this will help connect you to the earth so that you feel arounded).
- Continue to breathe slowly maintaining a smooth and steady flow of breath. As you focus on your breath and the path it is taking notice any sensations that present themselves to you. If you feel lethargic picture your inhalation entering through every pore of your body and leaving through your sitting bones. If you feel over-energised, agitated or excited feel your exhalation entering through your nose travelling up spine and this time picture the exhalation leaving through your pores.
- When you feel balanced scan through your body, start at the crown of your head you are looking for different sensations or tension, send your
- exhalation to any areas of tension and picture the tension leaving your body. Stay with this technique

- I also recommend adding a few restorative postures into your weekly routine.
- A simple lying down spinal twist such as Jathara Parivartanasana (The Belly Revolving Pose) is ideal. I love this posture. To perform it lay on your back with your knees bent and your arms out to the side, level with your shoulders, place a bolster or a rolled blanket beside your right hip and let your knees fall to the right, turn your head to the left and breathe slowly.
- As you are using this posture as a restorative posture, keep the knees supported with the blanket as you settle into the posture, (you can always move the blanket later) breathe slowly and then scan through your body. Use this body scan to identify areas of tension or discomfort. You will find that any obvious areas of tension will present themselves to you first. Send your exhalation to these areas and encourage the body to let go of any tension. As you hold the posture for longer you might find that other smaller areas of tension that you were not aware of begin to present themselves. These areas might not be problematic now but could be later. Work to release any new tension that you discover. Continue like this for at least five minutes before repeating the same on the other side.



• Remember to find the time to tune into your body, change is the one thing we can be guaranteed of, through the practices of yoga and mindfulness we are able to learn skills to help us deal with and adapt to change so that we can listen to our bodies and give them what they really need.

There are so many factors both internal and external that influence wellbeing some are obvious and some are not so obvious, the list is on-going, but here are a few examples to consider: weather, time of year, current affairs, the wellbeing of family and friends, job, grief, personal goals and objectives, current health, location, family matters, personal anxiety, anxiety for family and friends, how someone else has treated us, seasonal stress, excitement and so the list continues.

We need to remember that we are all very different with different requirements. Life for all of us is full of changes, yoga and mindfulness will help us to deal with any challenges or changes that life presents to us and adapt to any factors that might influence our wellbeing.

SUE FULLER

SUE IS A LEADING YOGA TEACHER AND WRITER. SHE IS THE CREATOR OF THE YOGA 2 HEAR RANGE OF OVER 60 AUDIO YOGA CLASSES, ALL CLASSES FEATURE CLEAR AND EASY TO FOLLOW INSTRUCTION AND INCLUDE CAREFULLY SELECTED POSTURES FOR THE RELEVANT AND APPROPRIATE LEVEL. THE RANGE INCLUDES GENTLE YOGA FOR MINDFULNESS AND A SERIES MINDFULNESS SESSIONS. FOR MORE INFORMATION VISIT WAYNEY OF A SHEAR OF THE







Neil Seligman shows you how to create 'resolutions' to change your life.

Resolutions are about self-improvement, right? Wrong!

If you are setting off this year, hoping to improve yourself, you are already off on the wrong foot because resolutions are really about self-knowledge, not self-improvement. Here's why. In spiritual terms, you reside in a permanent state of perfection. You are complete just as you are. There is absolutely nothing to improve upon.

When we forget this, and create resolutions with the intention of self-improvement, our commitments tend to be underpinned with our own negative judgments and laced with self-rejection. No wonder most of our self-improvement goals are all but forgotten by February!

If you want to create lasting resolutions, the key is to build them around your commitment to selfknowledge and personal development. Here are ten of my favourites:

I. I Will Listen To My Body

Your body gives you subtle feedback all day long. It tells you when you are tired, whether you actually want to eat that cake, if you are thirsty. If you have attuned yourself to function by ignoring these cues, commit to listening and responding to your body more often this year and see what happens.

2. I Will Strengthen My 'No'

Many of us have been socialised to be people-pleasers. We say 'yes' to all sorts of things we do not want. This year, be more authentic. Understand that when you say 'no' to things you don't want, it creates space for the things you do.

3. I Will Circulate Energy

Practically speaking this means recycle, repurpose, gift, or throw stuff away. Clothes, photographs, files, papers, books, ornaments, cutlery, utensils, the lot! Ask yourself: what percentage of the things that you own or control has a current purpose? Then commit to increasing your percentage by a set amount this year.

4. I Will Be Curious

Each lifetime is an experiment in self-leadership and self-realisation. What did you learn about yourself last year and what are you curious to discover this year? Book that course, take a chance on that retreat, learn something new.

5. I Will Take Care Of My Word

Think about everything that you say as being energy that impacts you first. If you want to experience more compassion this year, be more compassionate. It starts with you. See also if you can let go of your negative self-talk (e.g. I'm lazy, I'm not bright). The truth is that you are brilliant and have a unique purpose - tell the world that story.

6. I Will Become Familiar With My Inner World

The world of mind, emotions, thought and intention require exploration, discovery, courage, curiosity and compassion. Commit to exploring your inner world of consciousness this year. Start with a commitment to meditate more than you already are.

7. I Will Create

We were all artists at school. Where is your creativity today? Choose one artistic project that inspires you and create it this year.



Even if you are well, a plan of maintenance is essential. Who is on your wellbeing team? Mine includes a coach, acupuncturist, osteopath, kinesiologist, GP, dentist, dental hygienist, massage therapist and colonic therapist. Draw up your team, book appointments early and keep them.

9. I Will Move Into Alignment

Alignment feels quite different to success. Whilst success is predominantly egoic, alignment goes far deeper connecting your actual state of being with your words, actions and experience. Whilst success is easily lauded by others, alignment is a little quieter, and once you have it, you don't need others to tell you well done. Seek it out this year by aligning who you are with what you think, say and do.

10. I Will Be Guided By Joy

Joy is the natural human state. This year, move towards the experiences, people and conversations that make you feel joyful. You may want to adapt these suggestions and add specific ones of your own. When creating your own resolutions remember:

Resolutions Must Be Expressed Positively

- The Universe does not understand negatively expressed intentions.
- If you commit to not eating sugar, the Universe hears that you want to eat sugar. Expressing this positively, you might therefore commit to eating healthier foods.
- Be Clear and Accurate But Leave Room For A Surprise
- In other words, wait until you are absolutely clear about what you want, express it accurately but trust the Universe to work out the details. 'My book will be published by the end of the year' is better than, 'My book will be published by Conscious House Books in July this year.'
- Shout Them From The Rooftops!
- Well, not quite but it is important to read your resolutions out loud once you have made your list. Taking them from a silent commitment to a spoken declaration is a powerful first step.

Have fun and here's to a very conscious New Year!

RITTEN BY

NEIL SELIGMAN

NEIL IS THE AUTHOR OF '100 MINDFULNESS MEDITATIONS' AND FOUNDER OF THE CONSCIOUS PROFESSIONAL THROUGH WHICH HE OFFERS CORPORATE MINDFULNESS, RESILIENCE AND WELLBEING PROGRAMS AND 1-1 LIFE COACHING. HE OFFERS BREAKTHROUGH COACHING AND SOUL IGNITION RETREATS TO SUPPORT CLIENTS THROUGH PERSONAL TRANSFORMATION. WWW.NEILSELIGMAN. COM. FOLLOW @NEIL.SELIGMAN ON INSTAGRAM FOR INSPIRING DAILY POSTS AND WEEKLY VIDEOS ON INSTAGRAM AND YOUTUBE.



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If you have to travel for work, it can be hard to stay healthy and grounded while doing so, especially on long haul flights. The last trip I did involved 30 hours travel door-to-door and a time zone difference that had me arriving the day before I left. While the opportunity to go back in time was sort of good, experience tells me it's easy to arrive at your destination feeling stiff, sluggish and cranky, in addition to the usual time zone challenge of being sleepy and wakeful at all the wrong times.

While I love a journey, I also like to have a way to mitigate these discomforts. Yoga is often described as 'meditation in motion' and of the many great things about it is it can be done pretty much anywhere (even if you are not a born exhibitionist). A bit of yoga in motion can really help you to stay healthy on the journey and to come out the other side still feeling like a reasonably good version of yourself.

Breathe deeply

It can be hard to get going in the first place - sorting stuff out before you go, making arrangements, getting to the airport, fretting about what you have to attend to when you arrive ...it's easy to start the trip with clenched jaw, shallow breath and the start of a headache. While probably not feasible to go all 'Darth Vader' in public places, it calms and focuses the mind if you can remember to breathe mindfully as you move through the journey.

Deeper breathing will also help to relax the neck, shoulders and belly; often areas of tension during travel and can stave off sinus, ear and headache symptoms that often characterise air travel.

Plan to be comfortable on board

I like to travel in my loosest yoga pants and flat shoes. Airports and longer flights can also be very chilly, so it also helps to have a pair of socks handy and something like a shawl or scarf. Aircraft air is dry and makes your skin, hair, eyes and mouth feel dry too. This can cause headaches and general bleariness on arrival. There's usually plenty of tea and coffee on board, not to mention wine beer and stronger alcohol miniatures if that's your thing... but these only exacerbate dehydration. Often there doesn't seem to be a lot of ordinary drinking water available on flights. I now take my empty water bottle with me from home.

Usually there is a drinking fountain after you pass through airport security and you can easily fill the bottle just before boarding the plane. So however you arrive at your destination, it doesn't have to be with dehydration and a headache.

In terms of food...some people prefer to take their own snacks on board. Since I am still childish enough to like fiddling with the little dishes on the airline tray - hey! It passes the time - my compromise for long haul flights has been to register as a vegan on my passenger profile. While for some airlines this means a surfeit of rice cakes, I am at least sure to get some fruit and veg on the flight and am spared the sinking feeling when the chicken surprise is just...too surprising.



Keep moving

It's easy to slump in a confined plane seat, inert in the headphones, eyes too close to the screen in front. Part of this curling in on the self is a defence mechanism against being in a small space in an artificial atmosphere and pressed too close to people you don't know. To some extent your mind is deliberately switched off but it's not a good idea to forget you have a body. Without leaving the seat, you can easily rotate your ankles, and stretch out your arms, fingers, neck, and to some extent your shoulders. For me, this is the limit of what's possible in the seat without annoying the neighbours.

If there is more space, say some empty seats on the flight, I love to sit in Lotus or Half Lotus. This is a great release for the hips, and stretches out the ankles and knees and helps to prevent swollen ankles. And it also encourages focus, a straight back and a calm mind.

Lotus is also a handy one for sitting waiting at the airport. You can sort of balance your laptop on your thighs! I wonder if this totally negates the benefit!

For long haul flights, I try to get an aisle seat, so I can go for a periodic wander without disturbing others too much. It's easy to stand on your tiptoes while waiting in line for the rest room. Side stretches and some standing twists can also be managed without attracting too much attention. On rare occasions, I have found a quiet space to do some Sun Salutations and once was even joined by some of the cabin crew! I guess they also feel the need to keep moving!

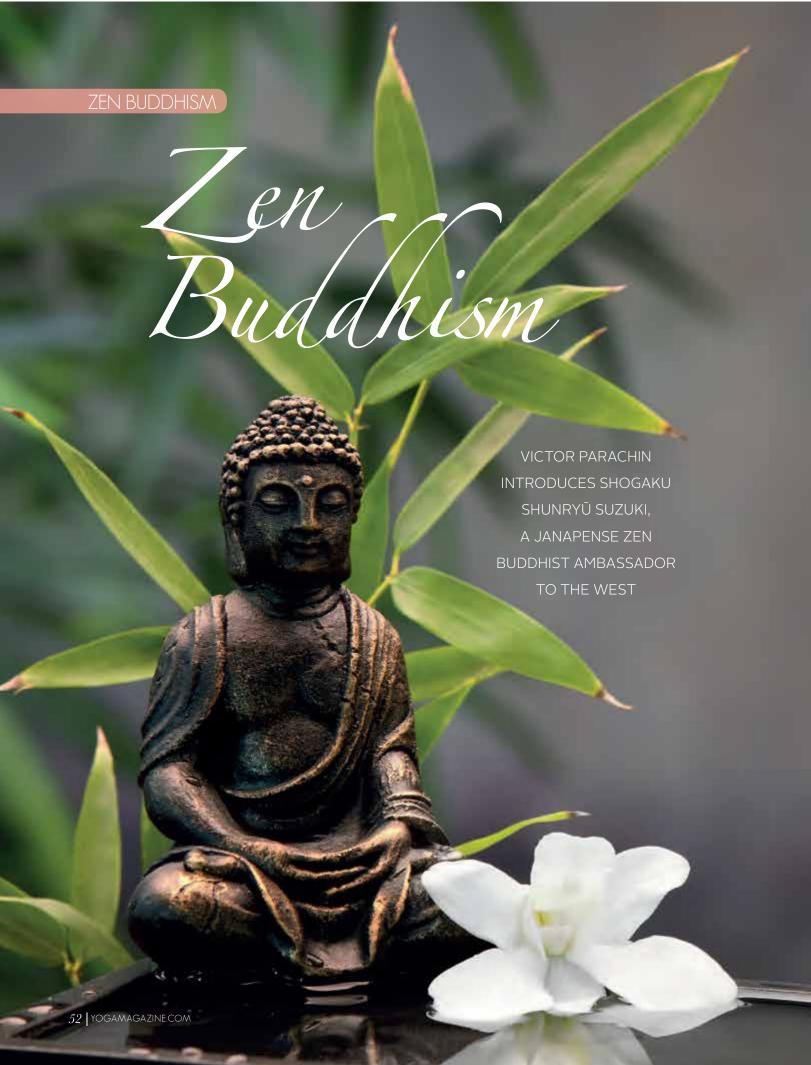
Although it can be a bit cramped, a bit of nauli yoga may be possible in the rest room, that's assuming you have not yet eaten, and you've done it before. This belly roll looks a bit weird but it has many benefits, including helping with bloat and constipation. Gas in bodily cavities expands at high altitudes, so nauli is great to counter this less than glamorous aspect of air travel.

On arrival

Some of the first things I do when I get to wherever I'm staying are a few stretching postures like Ragdoll, Pigeon, Happy Baby or Balasana, especially accompanied by some of my usual yoga music. Sound can be a very powerful associative tool. Often I only have to hear the sound in order to switch into a more serene mindset. Then it's easier to get back to a frame of mind and body that is more like my normal self and more open to the experiences or requirements of the new place.

GERALDINE CROWLEY

GERALDINE CROWLEY
GERALDINE HAS ALWAYS TRAVELLED FOR WORK AND
THE OLDER SHE GETS, THE FURTHER SHE GOES. SHE
HAS BEEN PRACTISING YOGA FOR ABOUT 16 YEARS AND
ABOUT SIX YEARS AGO ACCEPTED THAT SHE IS ALWAYS
GOING TO FIND YOGA CHALLENGING. THREE YEARS
AGO SHE REALISED THAT BEING PERFECT AT YOGA
ISN'T THE POINT. THE JOURNEY IS THE DESTINATION.
DESPITE THE WANDERING LIFESTYLE, YOGA REPUBLIC
IN CORK CITY IS GERALDINE'S YOGA HOME AND SHE RETURNS TO HER TRIBE THERE AT EVERY OPPORTUNITY



The most auspicious date on the Japanese Zen Buddhist calendar is December 8th - Bodhi Day, celebrating the Buddha's enlightenment. In 1941, Bodhi Day fell on a Monday so the abbot of Rinso-in Temple, along with Zen temples all over Japan, celebrated it on Sunday, December 7. There was a special ceremony and festive banquet. The temple grounds were packed with hundreds participating. When the joyous event concluded, the Abbott returned home with his family where they learned that, on that very day, Japan had attacked America at Pearl Harbor.

That Abbott, Shunryu Suzuki, was dismayed by the attack, by the fact it was executed on Bodhi Day, and believed it was sure to generate negative karma upon Japan. Before many weeks passed, the war effort came to his own Temple when the Japanese military seized some Rinso-in Temple buildings and rooms to house soldiers and naval engineers. Suzuki was not pleased to have military personnel living on the property but there was nothing he could do. One of the most painful moments came when Suzuki was ordered to give the huge temple bells for the naval war effort. The bells were to be melted down for ships propellers.

Suzuki, whose Temple was forced to support Japan against the United States, would, 19 years later, come to America to direct a San Francisco Japanese-American Zen centre. It would become the place from which he would introduce and establish Zen Buddhism firmly in the Western consciousness.

"Leave your front door and your back door open. Allow your thoughts to come and go. Just don't serve them tea." - Shogaku Shunryū Suzuki

Shoqaku Shunryū Suzuki was born on May 18, 1904 in a small village 40 miles southwest of Tokyo. In 1916 at 12 years of age, Suzuki committed himself to becoming a Zen Buddhist monk and began the appropriate training. He also continued his formal education eventually earning a degree with majors in Buddhism and English. To improve his English he took a position with Nona Ransom, an English woman living in Tokyo. It was 1927. Ransom had spent years in Asia as an English tutor to Chinese royalty as well as members of the Japanese royal family. Because Suzuki was fluent in English she offered him a position as her assistant and translator. It was a relationship that would become life transforming for each of them.

Though Ransom had encountered Buddhism in various Asian forms for years, she viewed Buddhists largely as idol worshipers engaged in superstitious customs. As she observed Suzuki's diligent and disciplined Buddhist practices, she began to ask him questions. Through Suzuki's guidance, Ransom came to know and appreciate the power of meditation, the compassion of Buddhism and the potential enlightenment inherent in all beings. For Suzuki, the relationship brought him the realisation that Westerners were curious about meditation and open to Buddhist teachings.

"WHEN YOU

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In 1930, Suzuki formally became a Buddhist priest, was authorised to teach Zen and assigned his own Temple. He left Ransom's employment but they maintained the friendship. Suzuki continued working as a Zen Temple priest in Japan until 1959 when he was asked to lead a Japanese American Zen Temple. He was 55 when he arrived ton May 23rd. His English fluency caught the attention of Westerners who invited him to teach meditation. Before long, Suzuki's meditation lessons attracted an ever-growing group of Westerners. Eventually, the Western group became larger than the Japanese Temple membership. The Temple board of directors asked Suzuki to choose one or the other. Seeing the potential to teach Zen to an entirely new group, Suzuki resigned from the Japanese Temple in 1961 to establish the San Francisco Zen Centre. Attendance by Westerners at his sittings and teachings continued to grow and the new centre flourished. In the fall of 1969, the San Francisco Zen Centre added another site, a rural retreat property and named it Tassajara Zen Mountain Centre.

An extremely popular teacher, his talks and lectures began to be transcribed, edited and turned into best selling books such as 'Zen Mind: Beginner's Mind and Not Always So: Practising The True Spirit of Zen'. Unlike some Zen teachers who promoted a rigid focus on mind management and control of thoughts, Suzuki recommended a more relaxed and less rigid approach. In his book Zen Mind; Beginner's Mind, he wrote: "When you are practising zazen, do not try to stop your thinking. Let it stop by itself. If something comes into your mind, let it come in, and let it go out. It will not stay long. When you try to stop your thinking, it means you are bothered by it. Do not be bothered by anything. It appears as if something comes from outside your mind, but actually it is only the waves of your mind, and if you are not bothered by the waves, gradually they will become calmer and calmer."

Another example of Suzuki's more flexible approach to the Buddhist path can be seen in how he viewed the precepts, the five vows individuals take when they embrace the Buddhist way: the vow not to harm or kill, the vow not to steal, the vow not to lie, the vow not to misuse sex, the vow not to use intoxicants (alcohol and recreational drugs). Suzuki called the precepts "aims" or "goals" explaining: "The aim we have may not be perfect, but even so it is necessary for us to have it. It is like the precepts. Even though it is almost impossible to observe them, we must have them. Without an aim or the precepts we cannot be good Buddhists, we cannot actualise our way."

In 1971, after experiencing considerable pain and physical exhaustion, Suzuki was diagnosed with gall bladder cancer. Treatments were unsuccessful and he died on December 04, 1971. Shunryu Suzuki is regarded as one of the most influential spiritual teachers of the twentieth century and as an ambassador of Zen in America. David Chadwick, author of 'The Life and Zen Teaching of Shunryu Suzuki', says that Suzuki's influence continues decades after his death: "His students and their students have continued the teaching and practice that he brought to America, and his influence has spread numerous ways. Zen Buddhism is now an established part of American culture. I can buy a zafu at a local store. There's a quote from 'Zen Mind; Beginner's Mind' on a carton of soy milk in my refrigerator."

WORDS OF WISDOM FROM

SHUNRYU SUZUKI

"Nothing outside yourself can cause any trouble. You yourself make the waves in your mind. If you leave your mind as it is, it will become calm. This mind is called big mind."

"If your mind is empty, it is always ready for anything, it is open to everything. In the beginner's mind there are many possibilities, but in the expert's mind there are few."

"Buddha was great because people were great. When people are not ready, there will be no Buddha."

"Life is like stepping onto a boat that is about to sail out to sea and sink."

Wherever you are, you are one with the clouds and one with the sun and the stars you see. You are one with everything. That is more true than I can say, and more true than you can hear."

"Emotionally we have many problems, but these problems are not actual problems; they are something created; they are problems pointed out by our self-centred ideas or views."

"Because things don't always go as you expect, there is suffering."

"It is important to work for future generations, for our descendants. We must be proud to do something, even though people do not usually know its value."

"Instead of criticising, find out how to help."

"The only way you can endure your pain is to let it be painful."

"Each of you is perfect the way you are ...and you can use a little improvement."

VICTOR M. PARACHIN



Eternal

Martin Gill on how to use practical yoga exercises to delay the ageing process.

It's well known that yoga helps improve flexibility, agility and strength, but it also helps improve the circulation, and by boosting the circulation, muscles and tissues are tightened which reduces the slackness of the skin. Yoga is also a great stress reliever, and by reducing our stress levels we are in fact reducing our chances of developing a range of illnesses as we get older. And as we know, stress also accelerates the ageing process. So what are you waiting for? Try the following postures to get a more toned body and a youthful appearance and a calming attitude towards life.





ADHO MUKHA SVANASANA

Downward Facing Dog

Inverted poses are believed to have amazing anti-ageing benefits as they help combat the forces of gravity and ensure a rich supply of oxygen reaches the face and head. Downward Facing Dog is a wonderful inverted pose that's ideal for beginners, and by practising this pose regularly you'll also improve your upper body strength, stretch your back and keep your spine nice and healthy.

- Start on the mat on your hands and knees with your wrists directly under your shoulders and your knees underneath your
- Inhale and tuck your toes under your heels.
- Exhale and lift your hips so you come into an inverted 'V'
- Spread your fingers and create a straight line between your middle fingers and elbows.
- Aim to strengthen your legs and lower your heels toward the
- Relax your head between the arms, gazing through your legs.
- Hold for 5-10 breaths.



MAKARA ADHO MUKHA SVANASNA

Dolphin Plank Pose

As we get older our upper body and core strength can decline, which can lead to hunched shoulders and poor posture – one of the most visible signs of ageing. The Dolphin Plank pose will also help build strength in the back and provide spinal support, and it will help give you that perfect posture and a natural, youthful appearance.

- Begin in Downward Facing Dog.
- Shift your weight forward so your shoulders are directly above your
- Lower your forearms to the floor one at a time with palms facing down.
- Place your elbows where your hands were positioned and spread your fingers wide.
- Your body should be in one straight line with your heels over your
- Engage the abs by drawing your bellybutton toward your spine.
- Drop your shoulders away from your ears, gazing between your
- Hold for 5-10 breaths before coming back onto your hands and pressing back into Downward Facing Dog.



URDHVA MUKHA SHVANASANA

Cobra Lose

Cobra is great for relieving stress, which we know is the underlying cause of many diseases and also accelerates the ageing process. Like all backbends, the Cobra is a great pose to get the blood flowing to the heart, and as it helps stimulate the adrenal glands you'll feel more energetic after practising a few rounds. And what's more, regularly practising Cobra will give you a more youthful looking pert bottom!

- Lie on the mat with your hands under your shoulders and your fingers pointing forwards.
- Pull your elbows tightly into your sides and draw your shoulders together behind you.
- Engage the abs and draw your tailbone down to the floor.
- Lift the chest up to the ceiling ensuring you keep your neck long.
- Move as far into the pose as you feel comfortable.
- Hold for 10-15 breaths before gently lowering your body to the ground as you exhale.



UTKATASANA

Chair Pose

Utkatasana stimulates the abdominal organs and the heart which improves heart function and blood circulation. It also helps strengthen the lower body and the back, which will keep your posture nice and erect. Holding the pose strengthens and builds the large muscles of the thighs, which will help protect the knees from injury and deterioration while also helping to maintain a shapely bottom.

- Begin in Tadasana (Mountain Pose).
- Inhale then raise your hands perpendicular to the
- Keep your inner thighs parallel to each other and push the thighbones back towards you heels.
- Exhale, bend the knees and sink your pelvis as if you were going to sit down.
- Stay in this posture for about 30 seconds to 1
- Exhale to release and return back to Tadasana.



BALASANA

Child's Pose

Balasana helps to reduce stress and anxiety by centring and soothing the brain whilst encouraging proper breathing. It stretches the hips, thighs and ankles whilst lengthening the spine, all of which helps reduce fatigue. It also promotes proper blood circulation, and as it's a resting pose it can help us foster the ability to take time out and rest in our day-to-day activities and recharge our batteries.

- Begin on your hands and knees.
- Spread your knees wide apart but keep the big toes touching and rest your buttocks on your heels.
- Sit up straight and lengthen your spine up through the crown of your head.
- Bow forward, so your chest is resting between or on top of your thighs and the forehead rests on the floor.
- Keep your arms long and extended, palms facing down.
- Press back slightly with your hands to keep your buttocks in contact with the heels.
- Lengthen your body from your hips to your armpits and extend through the fingertips.
- To release gently use your hands to walk your torso upright to sit back on your heels.



MATSYASANA

Fish Pose

Matsyasana is wonderful for the skin, as it stretches the throat muscles and helps flush the thyroid and parathyroid glands which helps regulate hormones and hormone-related skin problems. As it also stretches the facial muscles it can help reduce the appearance of a double chin. Practising the Fish pose makes the spine resilient which promotes good posture, and it provides relief from respiratory disorders as it encourages deep breathing. It also works on areas that get tight from stress and fatigue such as the back and shoulders, and by releasing the tension we can feel more lighter, open, and more energetic and active.

- Lye on your back with your knees bent, and the soles of your feet flat on the floor.
- · Lift your hips and tuck your hands slightly beneath your buttocks, palms facing down.
- Draw your forearms and elbows in toward your body.
- Bend your elbows and press firmly into your 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 your chest higher toward the ceiling, elongating your spine.
- Gently release the crown of your head back down on the floor.
- If it feels comfortable, extend both legs on the mat with your muscles engaged, or remain with your knees bent.
- Stay for 5-10 breaths.
- To come out, engage the core, press firmly into forearms and lift your head away from the floor.
- Tuck your chin into your chest, and put the back of your head back down.



SIMHA MUDRA

Lion Pose

This pose is a roaring success for giving the facial muscles a proper workout which helps maintain the firmness and elasticity of the skin, whilst helping to banish those unsightly wrinkles. Lion is also a great move for reducing eyestrain, strengthening the throat and neck regions and improving the respiratory system and thyroid gland.

- Kneel on the floor with your buttocks resting on your heels.
- Flex your feet and tuck your toes under.
- Place your hands on your knees with palms facing down.
- Inhale and lengthen your spine.
- Exhale and open your mouth as wide as you can, extending the tip of your tongue down to your chin as far as possible.
- · Look up with your eyes, aiming to focus between your eyebrows and let out an audible 'ahhhhhhhh' sound.
- Hold the position for as long as comfortable.
- Inhale, draw your tongue in and return your gaze to normal.
- Repeat five times or more.
- For a variation, you can combine the Lion pose with sitting postures including Lotus (Padmasana).



SIRSASANA

Headstand

And last but not least, the Headstand. The 'King' of all asanas is an excellent posture that has numerous anti-ageing benefits. It provides a mini face lift as it reverses the effects of gravity and flushes nutrients and oxygen to the head and face which gives a glowing complexion, and by pumping blood to the head and scalp it can stimulate hair follicles which can help reduce baldness and thinning hair. As it increases blood flow to the glands in the head it can increase concentration and production of hormones including oestrogen, dopamine and melatonin which improves mood, energy and sex drive. Sirasana also improves circulation and gives the heart a little rest as it doesn't need to pump blood upward to the brain, alongside stimulating the lymphatic system which assists the body in the detoxification process. Headstand also reduces stress, tones the arms and shoulders and improves core strength which works wonders for your posture.

HOW TO PERFORM

Only perform Sirasana if an advanced student or under guidance of a trained teacher.

- Kneel on all fours on your mat.
- Bring your elbows to the floor, a forearm's distance apart and interlace your fingers, tucking the little finger underneath.
- Place the crown of your head on the floor cupped by your interlaced fingers.
- Bring the hips up as if coming into Downward Facing Dog.
- Walk the feet in towards your head until your hips are over your shoulders.
- Kick up one leg and then the other.
- Press down strongly into your forearms to keep all of your weight from coming into your neck and head.
- Reach up through the balls of your feet, and slightly rotate the thighbones.
- Hold for at least 10 breaths.
- To come out of Headstand, squeeze through your arms, lifting your shoulder blades away from your ears.
- Keep one leg lifted upwards as you tighten your core and slowly begin to lower your other leg back down, and then bring the lifted leg down.
- Lower your knees to floor and rest in Child's Pose.

8 SUPERFOODS FOR SUPER-GOOD MOODS

Lucia Giovannini shows YOGA Magazine readers how to eat your way to happiness, good health and vitality We all know food is necessary to maintain our physical health. Food is, after all, the fuel our body needs to grow, develop and heal. But did you know that food is also a powerful tool of transformation that can help you improve mood, energy and vitality? Our gut is actually governed by its own nervous system called the enteric nervous system (ENS) that consists of

Additionally, our gut also manufactures neurotransmitters like serotonin that affects our mood, digestion, sleep and memory. According to a 2012 article published by the American Psychological Association, our gut produces 90% of our body's supply of serotonin.

more than 100 million nerve cells. While its main role is to control digestion, the ENS can also send signals to our central nervous system (CNS) to trigger mood changes!

Thus, it is quite evident that taking care of our gut health can help boost your mood. Personally, I feel the best kinds of food to care for your gut are natural, plant-based foods. Not only are they rich in nutrients to care of your physical and mental health, but they will also support your emotional and spiritual health because they stem from non-violent sources that keep you connected, centred, and balanced with our world at large.

In this article, I will share some powerful plant-based foods that I incorporate into my diet to support overall wellbeing - physically, emotionally, mentally and spiritually.

BRAZIL NUTS

Brazil nuts are largely a monounsaturated fat, which is the good fat. They are also a vegan source of protein and other important nutrients, including magnesium, zinc, calcium, vitamin E and some B vitamins. Most notably for mental health, Brazil nuts are very rich in selenium.

Studies have shown that people who are low on selenium have increased rates of depression, irritability, anxiety, and tiredness. Simply adding three Brazil nuts a day to your diet is enough to meet your body's daily requirement of selenium. You can simply incorporate Brazil nuts into your daily diet as a snack, or sprinkle crushed Brazil nuts onto your salads or desserts!

BANANAS

You probably already know that bananas are rich in potassium and a good source of energy. But did you know bananas also have the perfect recipe to boost your mood? Bananas actually contain both tryptophan and Vitamin B6. So why is this such a powerful mood booster?

Well, tryptophan is an amino acid essential in the production of serotonin, the mood-lifting hormone. Due to its ability to raise serotonin levels, tryptophan has been used to treat a variety of conditions, including insomnia, depression and anxiety. Vitamin B6, on the other hand, is required to convert tryptophan into serotonin! Since bananas contain both tryptophan and vitamin B6, it is the perfect recipe for boosting mood.



LENTILS

Just like a banana, lentils are a complex carbohydrate that assist the brain's production of serotonin to support a calmer, less anxious and happier state of mind. Lentils also help to stabilise our blood sugar level to keep our mood even. Additionally, lentils are high in folate. Deficiencies in folate have been linked to depression and mania.

Since lentils are made up of over 25% protein yet are low in calories, they are also a good source of plant-based protein that also aid in weight loss. Additionally, studies have shown that lentils are also good for heart health and can help to reduce blood pressure. The best part? This superfood is also quick to prepare, requiring only 15-20 minutes of cooking time.

OATS

This common breakfast is a very good mood booster. With a low glycemic index, oats slowly release energy to the bloodstream which stabilises blood sugar levels, and in turn stabilises our mood. They also contain selenium which is very good for our energy and our mood.

Fret not, for oats do not have to be a boring meal. There are many creative ways you can incorporate oats into your diet. From overnight oats to smoothies and breakfast bars, to being an alternative to meat in patties, and even incorporating oats into pizza crust or risotto!

RAW CHOCOLATE / COCOA

Before you reach out for your favourite chocolate bar, it's important to take note that I'm talking about raw chocolate. Processing cocoa destroys a lot of its natural antioxidants, and so that's why it's important to consume raw cocoa or chocolate.

Raw cocoa is a great source of bliss chemicals like serotonin and tryptophan, as well as causes the brain to release mood-enhancing endorphins. It's also packed with 40 times the antioxidants of blueberries and is full of magnesium to support a healthy heart and healthy brain.

MACA ROOT

This nutrient-rich root is a very powerful superfood that can help reduce anxiety and stress while supporting healthy brain function. It also helps to balance hormone levels, which is especially helpful to relieve the symptoms of menopause such as hot flashes. Other powerful benefits of maca root include increasing energy levels, vitality, endurance, and libido and sexual function.

The most convenient way to consume maca root is through powder form. You can add it into your smoothies, mix it into a hot cocoa or coffee drink, or add some maca powder into the batter for your pancakes, waffles or breakfast bars.



CHIA SEEDS

Don't underestimate this small and unassuming seed - the chia seed packs in quite a punch! Chia seeds deliver a massive amount of nutrients, antioxidants, quality protein and fibre, yet contain very few calories. This makes it a great source of fibre and protein content while helping you lose weight! Chia seeds also contain omega 3 fatty acids, so it's also a wonderful vegan alternative to omega 3 extracted from fish oil.

It's really easy to incorporate chia seeds into your daily diet. They can be sprinkled on top of almost anything - juice, cereal, toast, smoothies, cookies, yogurt, salads, puddings and more!



WATER

Water is very important for our bodies to function properly. Even the smallest degree of water loss can impair our physical and mental wellbeing. Dehydration can really affect our ability to concentrate.

Yet most of the time, we are not even aware that our bodies are dehydrated. This is why above all else, it's important to pay attention to how much water our body is getting.

Ideally, you should be drinking 1.5-2 litres of water a day. It's important to drink this amount throughout the day, and preferably not while you eat! To help you do this, try carrying a water bottle around with you as a reminder to keep drinking throughout the day. Another powerful tip is making it habit to drink a glass of water every time you wash your hands. This way, you're not just triggered to drink water during meal times.

It's also good to begin your day with a glass of warm water and lemon juice, as it helps to alkalise your body which boosts your immune system.



LUCIA GIOVANNINI

LUCIA IS AN ADVOCATE OF PLANT-BASED DIETS AS A TOOL OF TRANSFORMATION FOR HEALTHIER LIVES - PHYSICALLY, EMOTIONALLY, MENTALLY AND SPIRITUALLY. HER BOOK, A WHOLE NEW LIFE, IS PACKED WITH PRACTICAL TOOLS FOR



HIND MEFLAH DISCOVERS AN IBIZAN SANCTUARY

I wasn't sure what to expect from a retreat. I had never been on one before; I practise yoga sporadically in a city environment and mostly in central London! So I was intrigued and excited by the chance to totally immerse myself in a 'Mindfulness Yoga and Lifestyle Detox Retreat' set on the stunningly beautiful island of Ibiza.



I was eager to get there, especially having read about their venues that range from bohemian-chic rustic hideouts to luxurious yet soulful sanctuaries. Each location is expertly handpicked for their style, comfort, spaciousness and indefinable view. From my room I could see a lush, flowering garden and a pine forest.

We arrived at the Villa from a small country road on the hill. This beautiful place was surrounded by forest and it didn't take me long to feel at ease, leave my worries behind and get ready to enjoy the experience ahead. I was warmly welcomed with a big hug from the lovely Larah Davis, one of the hosts. She invited me in and offered a soothing tea while other guests were arriving. Marrejan, another of the hosts, took me for a tour of what will be home for the next five days and she provided information on the surroundings and accommodation.

The rooms all have their own style, beautifully decorated, simple and uncluttered with soft colours and interesting artwork. Looking at the bed, I already knew I would have a cosy and relaxing night. They'd left a sweet note on the bed with basic information about my stay and contact numbers of the 'Angels' who will be looking after us. As well as the hosts, these women were available at any time to provide any physical support or logistics that you might need help with.









A week before I left for the retreat, I answered a questionnaire about my health and lifestyle, and personal areas such as where I was in my life right now and how I felt at this time. At the Villa I had an assessment with Larah to determine my yoga experience and any health concerns they needed to be aware of. I trusted her straight away, and in less than an hour I had the reassuring feeling that she knew me well and would tailor the retreat so I could get the best out of it, and the words that resonated with me (and still do) were "Listen to your body."

We started with a two-hour Restorative yoga session with Marrejan and Viva, briefly introducing ourselves and sharing why we were here. Our group ranged from 28 to 72 years old, and I loved the fact that we were all very different with different life stories, but we connected from the instant feeling that we were in a safe place thanks to the genuine love and care of the hosts. We all had various levels of yoga experience from really basic to the more advanced, but this did not matter at any point as each class had Angels who supported those who needed it.

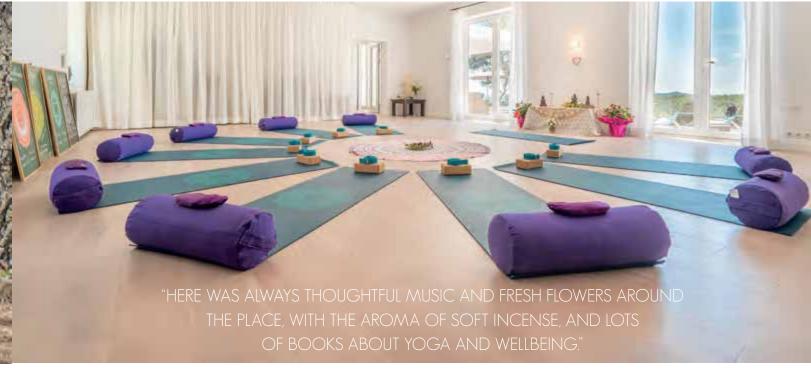
After the first yoga session I felt very relaxed...and hungry! Food is the most important pleasure in my life and I have to say I wasn't disappointed. Mayla, the chef, made the best vegetarian meal I've eaten in a long time. It was yummy! The high quality of the meals continued throughout the week, and everyone was excited about what Mayla would make for us next, especially when you know that the food is being made with love. As it was an open kitchen, you could catch Mayla getting everything ready with such good energy and creativity. It was pleasing to find out that she used only the freshest, locally sourced ingredients to create a range of nourishing meals and menus that ranged from Ayurvedic to plant-based and vegan diets, or raw food or paleo options.

All mealtimes were full of joy and happiness, and it was a good time for everyone to share not only food but feelings too. There was always a different host, teacher or Angel from the retreat to engage in conversation with us and give advice to any life questions we had.

On the first day, we were all treated to a full body massage, which was the best I have ever experienced, and there was a wide range of treatments and complementary therapies such as reflexology and reiki which could be booked on request with their excellent and experienced therapists.

Each day was carefully tailored for the group and individually. Waking up in the morning to the soft sound of a Buddhist prayer bowl, you find a board with times and activities for the day so you just follow the flow. The programmes on offer included Silent Walks, Meditation, Tapping initiation emotional detachment, Music Yoga, Re-birthing, "Breath of Life", Nutrition and the Effect of Food on Stress. Some of the sessions were quite emotional for all of us, having the time to really acknowledge our thoughts and feelings.

Going for a meditation walk barefoot in the woods is not something you would probably think to do on your own, so I feel so grateful that I was shown how amazing it is. It had rained the night before





the walk so it was wet and muddy, but here we were, walking and feeling the warm earth under our feet in silence. It was a truly beautiful experience.

During your free time, you could relax on one of the really comfy places outside or in the villa. There was always thoughtful music and fresh flowers around the place, with the aroma of soft incense, and lots of books about yoga and wellbeing. I enjoyed a peaceful afternoon reading 'Mudras for Modern Life' on a relaxed recliner by the pool.

Every day was different, with non-residential guests also joining us. I loved the fact that on several occasions, a guest would join us for a yoga session and lunch, which showed a great sense of community and sharing without fuss.



The way the retreat is run and their ethos makes a lot of sense with what they teach us – promoting a harmonious way of living and looking after yourself and others. In less than a week they managed to give each of us a new perspective on life, and we left with clearer minds and simple tips and tools to take home and implement into our day-to-day lives. The team also offer a follow up Skype session where they check on you and your progress.

I was extremely sad to leave, but I know that coming here was one of the best decisions I've ever made, and I'm seriously considering making it my annual treat to myself.

For more information, visit ibizaretreats.com



HIND MEFLAH

HIND IS A FRENCH 40-YEAR OLD MUM WHO RUNS AN EMPLOYMENT PROGRAMME FOR THE HOME-LESS IN LONDON. SHE PRACTISES YOGA AS OFTEN AS SHE CAN. PASSIONATE ABOUT HEALTHY FOOD FROM ALL AROUND THE WORLD, SHE IS ALSO CURRENTLY TRAINING TO BECOME A WELLBEING COACH TO SUPPORT THOSE LESS FORTUNATE.

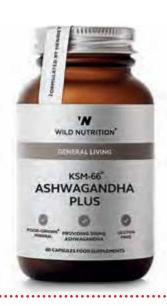
WDITTEN RY



KSM-66® ASHWAGANDHA PLUS

Wild Nutrition's pioneering food-grown supplements are gentle on the stomach and hugely supportive of the body. The Ashwagandha is an exceptional Indian botanic with incredible qualities - it can help lower blood sugar levels, reduce the stress hormone cortisol and boost brain function. Ashwagandha can also prove effective at reducing symptoms of heightened anxiety, stress and depression and support focus and mental wellbeing for those with busy lifestyles.

£19.50 available from wildnutrition.com





SRI LANKAN APRON

This stunning avocado-dyed apron is part of Wunder Workshop's yearly 1% revenue investment in community projects. All profits from this item go back to AMMA SRI LANKA (ammasrilanka.com) who trains and employs mothers living in the Sri Lankan highlands to turn food waste and plants into natural dyes creating sustainable textiles. The apron is ethically made by mother makers in Sri Lankan Highlands using 100 per cent hand-woven Sri Lankan cotton and 100 per cent avocado dye from waste avocados. Highly recommended.

£25 from wunderworkshop.com



ONE STOP CHOP MANUAL FOOD **PROCESSOR**

MIKI AGRAWAL

DISRUPT HER

BY MIKI AGRAWAL

This is a modern woman's manifesto, prompting women to question, dissect and then disrupt 13 major areas, issues and preconceptions in their lives. When we do question, challenge and then disrupt all aspects of our lives, we can live a more excited, impassioned, lit-up existence filled with adventure, love, friendship and fulfilling work that creates a positive ripple effect. The book blends the journey of a rising female entrepreneur with fresh life-improving techniques and new habit-forming ideas.

£20 (Hay House UK) hayhouse.co.uk

This excellent food processor is powered manually by turning the handle, and the pace determines the consistency desired for the recipe. It features three sharp, steel blades that turn to chop all manner of ingredeints to create healthy foods from chunky chickpea hummus to a smooth homemade pesto. A secure suction cup keeps it firmly in place when in use, and the locking tab keeps the lid secure to avoid mess. This is the ultimate kitchen gadget and a reliable alternative to electric processors.

Highly recommended.

£30 from oxouk.com



ACTIVEMAN FOCUS®

Whether you're an international level athlete or just a weekend warrior, focus is key to your success, and the combination of EPA and DHA in these high strength capsules has been proven to enhance brain functioning. The omega fatty acids can also reduce your risk of heart disease, diabetes and cancer, while also improving joint functioning, muscle building and fat-loss.

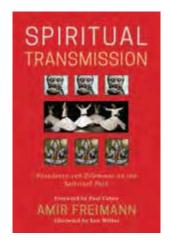
£19.99 from bio-synergy.uk



FEEL NEW TEA

This deliciously aromatic and warming new tea from our favourite wellbeing company is blended with the finest medicinal-grade organic herbs including aniseed, fennel, cardamom, and turmeric specifically used to encourage and support the processes within the liver and digestive system to remove harmful toxins. It's naturally caffeine-free and ethically sourced, using the finest 100 per cent organically grown ingredients, and after a few cups you will definitely be 'feeling new'.

£2.99 available from Waitrose, Sainsbury's and pukkaherbs.com



SPIRITUAL TRANSMISSION

BY AMIR FREIMANN

Following the breakup of his 21-year relationship with his own spiritual teacher, Freimann launched a guest to discover the deeper realities of the student teacher relationship, logging over 1,000 hours of interviews with students and teachers including Stephen Fulder, Diane Hamilton and Mary Adams. The interviews reveal the promises and perils of the guru-to-student relationship and explore topics such as the differences and similarities between therapists and gurus and the role of trust versus rationality in the spiritual quest. Highly recommended.

\$16.95 (Monkfish Book Publishing Company) monkfishpublishing.com

MICROPLANE MASTER SERIES ZESTER

A brilliant zester which features an elegant walnut wooden handle. It has a stylish, sturdy frame with a non-slip rubber foot for comfort and stability and a protective cover to keep safe the photo-etched, long-lasting, ultra-sharp stainless steel blade. It's perfect for grating hard cheese, ginger, garlic, spices, chocolate nuts and more, and the sharpness of the blade ensures that citrus peel is not torn, but has its flavours enhanced.

£29.95 from hartsofstur.com





ACTIVEMAN ENERGY **CHARGE®**

Developed with double gold Olympic medallist James Cracknell, these supplements have been formulated for men to help delay fatigue, boost energy levels and improve muscle function. They provide a fast and sustained energy release from simple and complex carbohydrates, including agave and long-chain maltodextrin, and contain a host of micronutrients including creatine, magnesium, B-vitamins, zinc and green coffee.

£34.99 from bio-synergy.uk

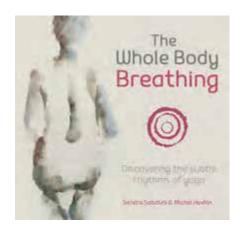
DEVA

BY DEVA PREMAL

This is a brilliant album by the highly respected 'kirtan queen' Deva, which features a collection of signature mantras that can be used for yoga, meditation and sacred dance. Alternately soothing, uplifting, and inviting tracks range from alluring chants with lifepartner Miten to soaring bansuri lines by Nepalese maestro Manose. The album is book-ended by versions of the 'Seven Chakra Gayatri Mantra', creating an experience of a mystical journey well travelled and coming full circle.

£15.99 (Prabhu Music) from devapremalmiten.com





THEWHOLEBODY BREATHING

BY SANDRA SABATINI & MICHAL HAVKIN

Heavily influenced by the work of Vanda Scaravelli, this is a beautifully illustrated guide to balancing breath and gravity in simple yoga practice to revelatory effect, and this approach encourages a gradual discovery of the vitality of the spine with a profound impact on the whole body. Pared down sequences include walking, standing and sitting using the breath to uncover and awaken special places along the spine, engaging with gravity and expanding into space to revitalise the body as a whole. Highly recommended.

£14.99 (YogaWords) pinterandmartin.com



KARBON ZIP WALLET

This stylish, compact pouch measures 9cm x 15cm and is perfect for those grab and go moments, fitting perfectly into a pocket or the palm of the hand. It's been designed to provide a home for all daily necessities such as phones, keys and bankcards with an additional inside pocket with zipper to keep things safe, and is available with a choice of inside linings and personalised engravings. And by purchasing any Buckle and Seem product, customers know that they're helping to change a girl's life in Karachi, Pakistan.

£33 from buckleandseam.com



FOOD-GROWN® MAGNESIUM

Magnesium is also known as 'nature's tranquilliser', and is one mineral that your body can't afford for you to ignore. Healthy magnesium levels help protect metabolic health, stabilise mood, keep stress in check, contribute to heart and bone health and promote better sleep. If sleep is still evading you, then taking these amazing supplements at night can offer great support.

£16.50 available from wildnutrition.com



SHARK KLIK N' FLIP AUTOMATIC STEAM POCKET MOP

Keep your floors spotlessly clean without the need for nasty chemical products with their most advanced steam mop. It features three 'Intelligent Steam Controls' for a precise, targeted deep clean, as the jet of steam can be directed on stubborn marks. And what's more, you'll never have to touch a used cleaning pad – you just 'klik n' flip' the pad off the mop and put it straight into the washing machine. It's amazing for all types of hard floors including hardwood, marble, tile and stone, and it can cover twice the floor area with a simple flip of the mop head. Highly recommended.

£149

THE POWER

This protein supplement contains 110 calories per 30g serving and offers a multi-source blend of premium plant-based proteins, expertly formulated to provide a complete amino acid profile to support muscle growth and aid recovery. Available in 'Mixed Berry' or 'Chocolate flavour', it's ideal for pre or post workout and it can be added to shakes, smoothies or cereals.

£45 from fitdelis.com

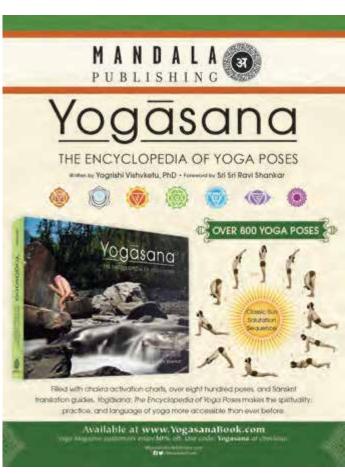


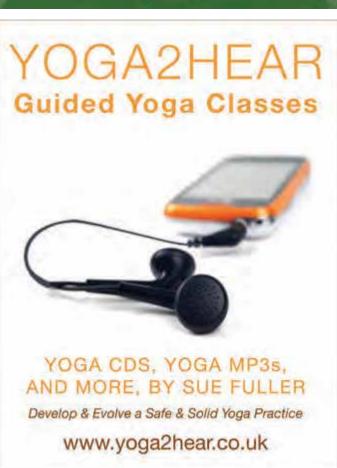
CHEF'S MANDOLINE SLICER 2.0

The ideal assistant when it comes to preparing healthy, family meals and offers 17 thickness settings, providing straight, crinkle and waffle cuts ranging from 1mm to 9mm. It has integrated julienne blades which are perfect for making stir fries, or tearing fine shreds of vegetables for a salad. The angled stainless steel blade means even soft foods like cheese and tomatoes can glide over with ease, while the sturdy non-slip foot keeps it stationary when being used, and the spring loaded, wide brim food holder safely advances food and helps minimise waste. Highly recommended.

£70 from oxouk.com





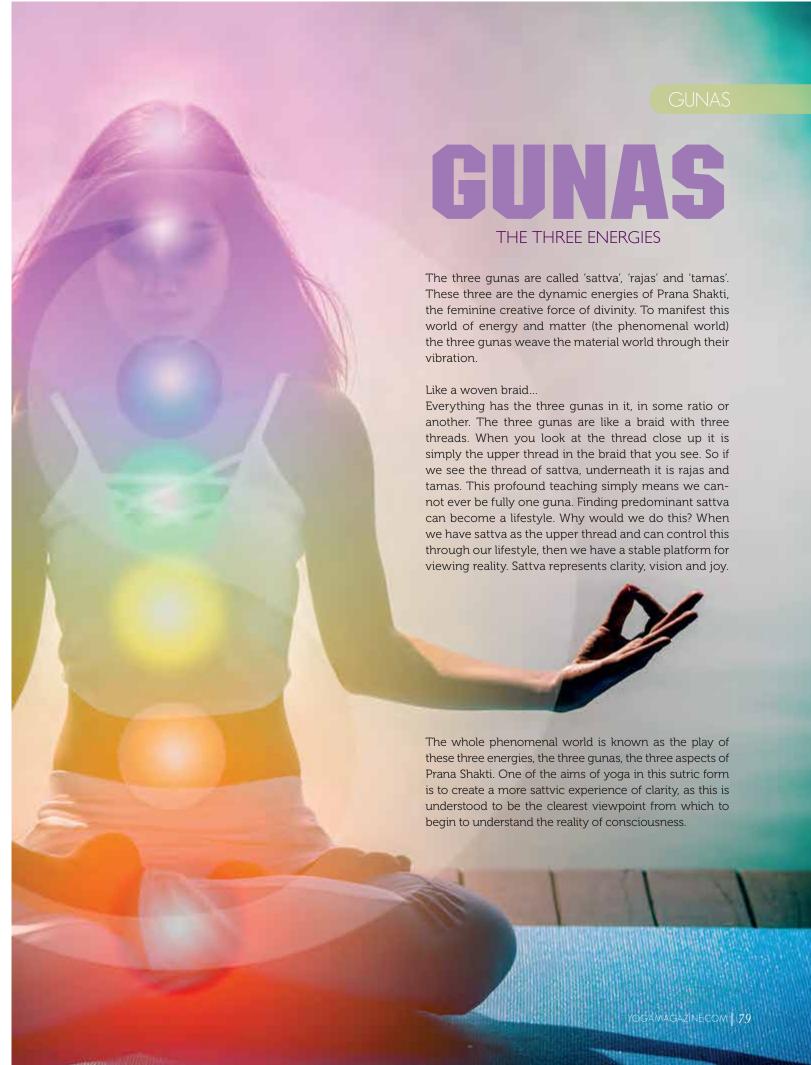




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www.pommama.com



However, "Love is devoid of the gunas." Bhakti Sutras of Narada

This is coherent with teachings that state that 'love' is not possible as an ego.

Love from the viewpoint of separation and the self-construct is always conditional, always tainted by need-desire, aversion-withdrawal and subtle or utter indifference. This doesn't deny the possibility of moments of unconditional and vast open love, but as a platform for existence, the self-construct, the ego, the self-contraction doesn't allow such a love to be truly unconditional or sustainable.

Prakriti' is the name given by the Samkhyan influenced yogic schools to the vast, composite, multi-dimensional structure created by the interplay of these three primary forces of creative energy, the gunas. The gunas are in balance in prakriti pradhana (the primordial matrix, Prana Shakti). From which comes the first evolute, the great one, mahat or buddhi, which is itself the reflected intelligence and radiance of consciousness or purusha, as is the moon to the sun.

THE PROBLEM

All finite existence from this view is understood as a consequence of imbalance of the gunas, for only in prakriti pradhana does such balance of the gunas exist.

The Bhagavad Gita is one of the pre-eminent texts of Hinduism and Yoga contains much esoteric wisdom. The Gita is one of the first clear enunciations of the problem of the ego (self-contraction) and presents a series of methods to resolve this problem. These are called Yogas.

Patanjali's Yoga Sutras says that "because of the sorrow inherent in the transformations of prakriti, in the pressure of existence, in the activators residing in the depths of consciousness, and on account of the conflict between the constituents (gunas), to the wise discerner all is suffering."

Inherent in the flow of impermanence, is suffering. This flow in conjunction with what is called the activators is also suffering. The activators are the ways we define our identity as aspects of the gunas. We mistakenly view our identity as aspects of flow, the whole of body-mind from this view is prakriti, the gunas, not who we most deeply are. The samskaras or activators are seeds of false identity deep in the psyche that we usually don't even notice as they rise up. The gunas and all their changes are all causes of suffering.



"Gunas have the characteristics of brightness, activity or inertia, they are embodied in elements and sense organs and serve the purpose of either experience (bhoga) or emancipation (upavarga)."

THE SOLUTION

The Yoga Sutras then offers the solution.

What is to be overcome is future sorrow - The false correlation (samyoga) between the seer and the seen is the cause of what is to be overcome - Gunas have the characteristics of brightness, activity or inertia, they are embodied in elements and sense organs and serve the purpose of either experience (bhoga) or emancipation (upavarga).

Gunas as the human brain (and individual mind) are available for involvement in experiences as the subject, the self-story. This subject experiences desirable, undesirable or irrelevant events. Yet it can with sufficient preparation and realisation start to look deeper into the one who experiences, who experiences? The gunas then also permit processes that lead to transcendence of all experiences and ultimately also the self-story.

The qualities of rajas and tamas tend to maintain the ego illusion, whilst the pre-eminence of luminosity-lucidity is the factor in sattva that creates the pre-condition for the movement into and possible outcome of liberation. It is from this sattvic perspective that the selfconstruct can be seen as transparent and fabricated, unreal. Hence the yogic desire to cultivate Sattvic conditions, desires and states.

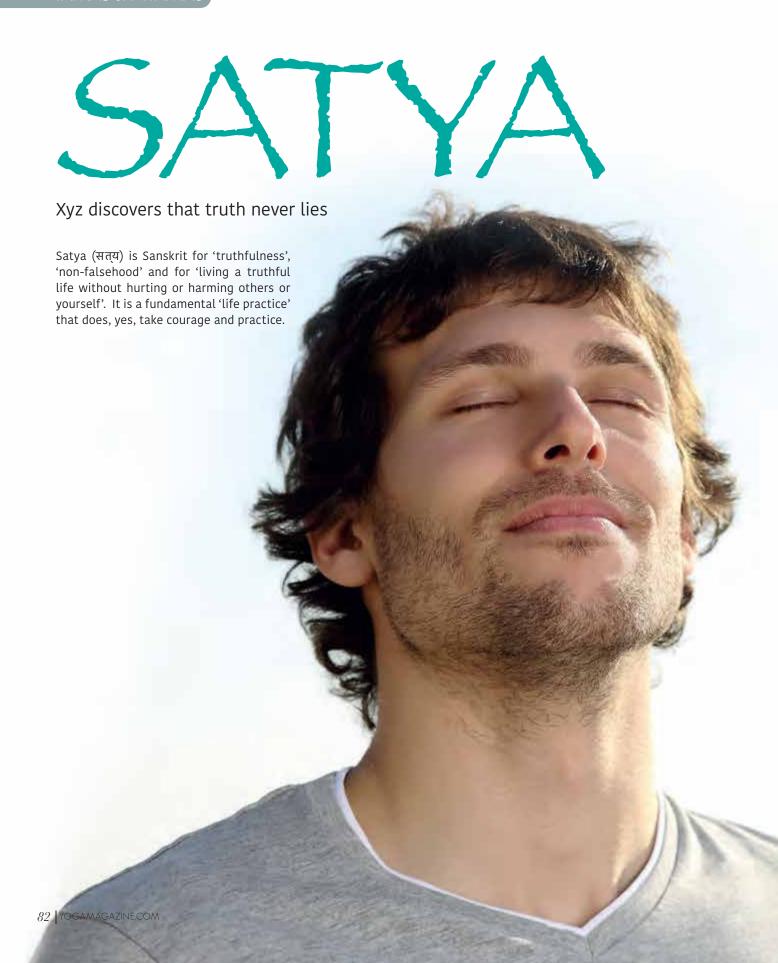
The Bhagavad Gita (paraphrased) says those jnanis who transcend the gunas are in essence, watchers. With no attraction or aversion, no desire even for the calm joy of sattva, they have nothing to gain and nothing to lose.

Dualities such as pleasure and pain, praise and blame, no longer hold any meaning for them. They have progressed beyond time, space and circumstance to tranquillity of mind and dissolution of the ego.

- The way to traverse the gunas is through steadfast, diligent practise of the three paths (Yogas).
- Faithfully serve the Divine, giving up all actions and all fruits of actions as sacrifice to the divine. This is Karma Yoga.
- · Having purified your mind and body, having created a sattvic lifestyle meditate and reflect deeply on the nature of the Divine. This is Raja Yoga.
- Be constantly aware of this Divinity in all, as all, as all you do, as your deepest truth and the deepest truth of all. This is Jnana Yoga.
- Be thoroughly devoted to the Divine in every moment- to do this effectively one has to slowly begin to practise it twenty-four hours each day. This is Bhakti Yoga.

This is the profound teaching of the Gunas.

CHRISTOPHER GLADWELL



QUESTION YOUR TRUTH

Do you feel you are living a life of truth? Are you at one with your purpose, your lifestyle and your life path? Do you feel you are authentic in your yoga practice, or practising to 'do well and achieve?'

And what about your relationships? Are you able to speak, and honour your truth with grace and ease?

"All that we are is the result of what we have thought." Buddha

SATYA - ON THE MAT

- Deepens your practice by inviting self-awareness of your rhythms, cycles and real physical, emotional and energetic needs.
- Encourages an attitude of self-exploration, to meet your truth in each posture by discovering its purpose for you at that moment and to ensure that each posture is genuinely bringing you benefits.
- Prevents ego from over-riding the subtler messages of your innate body wisdom, enlivening your Vijnanamaya kosha as you intuitively get to know 'yourself' better and develop the inner-strength to say 'yes' and 'no' to what feels right for you.

SATYA

In daily life invites ongoing self-enquiry.

- · It increases self-knowledge and understanding: By witnessing your own thoughts, words and deeds without judgment, instead with patience and clarity.
- It enhances self-acceptance and forgiveness: Only through knowing yourself and the many different conditioned faces/hats and colours of your very-human self, can you know when you are being truthful.
- It is yogic in thought, word and deed: Getting to know what it feels like to be 'congruent', in this true yogic union of mind-heart and matter is the golden key for entering into a more sustainable state of authenticity.

SATYA - IN PRACTICE THOUGHTS

- Observe your inner-dialogue and how your thoughts relate to your emotional and physical feelings.
- Notice word patterns and sentences that cause you to feel centered, congruent and calm, or authentic and at ease.
- Reflect on the different voices in your head: take note of which inner-voice is 'at the controls' when you feel angry, frustrated, less-emotionally in control and which inner-voice is present when you are feeling peaceful and in harmony.

WORDS

- Breathe before you speak and say what you feel slowly and softly.
- Practice makes perfect go gently and with care to ensure that you are saying the truth for the HIGHEST GOOD of all.
- · Choose words which are clean and clear and without any emotional charge.

SATYA IN ACTION

- Before agreeing to any commitment always check with your self: 'What is my truth? Is this feeling like a pleasure or a pressure?'
- If it feels like a pressure and you are experiencing a physical resistance to saying 'yes', ask 'do I really want to do this?' 'is this really going to help/support/ empower/bring joy to me?'
- In relationships, especially those that are uncomfortable or toxic, it can be easier to stay in an uncomfortable comfort-zone.
- Satya demands that you know your truth ask yourself 'by staying with him/her/this company', is it really for my and their highest good"?
- If you feel choked up, or find it hard to say what you really feel, ask yourself how this relationship is truly serving you.
- Remember! THE TRUTH WILL SET YOU FREE.

Yes Satya, in its essence, means stepping into a space where you make be prone to judgments, criticisms and even the initial 'dislike' of others. Yet the more that you practise thinking, speaking and living in truth, the more free you become from these same external conditionings that can limit your health and happiness.

As you embrace Satya your body and soul can rest in peace. There is no more need to try to please others nor yourself. You can live your life from a pure point of power - which will fuel both your practice on the mat, and your dharma (true life path) in many magical, clarifying ways.

LARAH DAVIS



Svana is located in a pre-1900s Victorian Building, previously used as a candy factory, located in East London, Limehouse E1. It is a perfect location for cyclists, en-route super cycle highway CS3, halfway between Canary Wharf and Tower Bridge, and convenient for public transport users with just a 2-minute walk from Limehouse DLR station, with National Rail services C2C trains to Fenchurch Street, London.

Svana is a beautiful personal space, and once inside you will feel at home with a reception area where you can sip delicious, unique herbal teas and healthy hot chocolates. The decor, along with the array of tropical plants and a stunning aquarium with small tropical fish of iridescent colours, will take you into a different world. The practice room has a high ceiling, and it is fully suited with all the props you need for any yoga style. Huge windows give natural daylight, and warm dimming lights during the evening breathe calm and a sense of peace. Modern infrared ceiling heating panels, hardwood flooring and a minimalist decoration make this space so unique and homely that even our clients who have left London to live in all corners of the world do make plans to return, even during a short visit to London.

Various styles of yoga are on offer- to suit beginners and experienced alike. New clients can get 14 days unlimited access for only £25, and returning customers can purchase classes for as little as £8. The Svana studio accommodates 25 students with plenty of space.

Svana is holding a special reopening weekend event for 2 days and offering free classes, open to all on 9-10th February 2019 - get your mat out and get down to the studio before its booked out.



Svana Yoga Studio

Cable Street Studios 566 Cable Street London E1W 3HB 07740 631282

www.svanayoga.com

Rachel Cruickshank

When I first started yoga around 6 years ago, I was pretty much itching to get out of the class. I couldn't lie still; my mind was racing, I felt I wasn't good enough and didn't have a clue what I was doing. After that class, however, I felt a sense of peace I hadn't experienced elsewhere and I was drawn back to that same class week after week.

Whilst my flexibility and physical ability got better, what I really noticed was the difference yoga made to my mind and the way that just one yoga class could transform my mood, and soon my racing mind found breath and could be calm. Soon, I was getting onto my mat as often as possible and yoga became part of my routine and started to cultivate a good mood before the bad mood set in, it kept me light and positive, it helped heal me when days were rough and life took its toll.

I remember leaving class one day, and thinking to myself I want to do this all the time and not just for an hour or two here and there in class. That was my 'light bulb' moment which led me to look into teacher trainings, and just three years after I started yoga I went to India to complete my 200 hours teacher training in Ashtanga Vinyasa and Rocket with The Yoga People. Since I've started teaching I've grown to love yoga even more, seeing how yoga takes so many different forms and there is yoga for everybody regardless of experience or fitness levels.

Today, my yoga practice combines with my other passion which is naturopathic nutrition, both of these focusing on nurturing the whole self and finding health through selfcompassion, listening to our body and living more in tune with how nature intended.

Find out more details about my yoga and nutrition practice at thebodynatural.co.uk or to book a private class with Rachel, visit yogi2me.com

Photography by Madeline Penfild @madeleine.penfold





VIRABHADRASANA B

(WARRIOR 2)

HOW TO PERFORM

- Start in Downward Facing Dog.
- Pull the navel back towards the spine and lift through the hips as you step your right foot between your hands at the top of you mat.
- As you rise up to stand, turn your back heel down to mat so your toe points away from you at 90-degrees. The back heel should be in line with the front foot.
- Lunge deeply into your front leg, trying to get the thigh parallel to the mat, with the knee going directly over the toes and not
- Focus on rolling the back edge of the left foot down to the floor at the same time as you engage through the guadricep and glute of the left leg, rolling the left thigh up and back to stop the back leg dropping down. The leg should be straight and strong.
- Take both arms wide, allowing the shoulders to relax down the back, palms facing towards the mat with fingers gently squeezing together.
- Ensure the torso and upper body is right over the centre of the hips, try not to lean forward or backwards.
- Knit the ribs together and pull them down as you engage the navel back towards the spine as you gently tuck under with the hips to ensure they are not sticking out.
- When you are in the pose take the gaze to the middle finger of the front hand.
- Repeat on the left side.

BENEFITS

- Opens through the hips.
- Strengthens the legs and the shoulders.
- Warrior is a fierce pose which can help increase stamina.

MODIFICATIONS

- Drop the hands for any shoulder injuries.
- Straighten the front leg for any leg or knee injuries.

CONTRAINDICATIONS

• Shoulder, hip or knee injuries.



EKA PADA RAJAKAPOTASANA

(KING PIGEON)

HOW TO PERFORM

- Begin in Downward Facing Dog.
- Slide your right knee forward to the back of your right wrist; trying to rest your right shin on the floor under your torso, your foot should end up by the left wrist.
- Slowly slide the left leg back slightly and straighten the leg, lowering the body until the front of your left thigh touches the floor.
- Place the outside of your right buttock to the floor.
- The left leg should be straight out behind you with the knee to the floor; not going off at an angle and the hips should feel square to the floor rather than tilted.
- Take a moment here and stretch your arms forward, walking the hands away from you so you feel the stretch more deeply.
- After a couple of breaths walk the hands back to the body, and spider the fingers as you squeeze them into the floor and push up through the torso, extending through the heart with the pubic bone down towards the mat. The pose here is similar to the Upward Dog position.
- Roll the left hip down towards the mat to ensure the hips stay square, activate through the glutes to stabilise and support the lower back.
- When you feel stable slowly take the hands off the floor, maintaining the position without the support, take them to the hips.
- Slowly start to bend through the left leg, taking the left arm behind you and trying to grab the left foot. This should be done slowly, using your strength and flexibility rather than twisting or jilting into the pose. Be kind to your body.
- When you have the foot, rotate the left arm through the shoulder so the elbows can point upwards. Either take the right arm to join the left arm on the foot or create a mudra with the right thumb and forefinger and point the arm away from you.
- Keeping rolling the left hip down and drawing the shoulders back and down, opening through the heart to create a back bend whilst in the position.
- After 5 breaths, slowly release the leg and take the hands back to the floor.
- Slowly push yourself back to Downward Facing Dog as a counter pose.

BENEFITS

- · Back bend.
- Deep hip opener.
- Heart opener.

MODIFICATIONS

- Place a blanket under the knee is there is any pain.
- Use a strap to pull the back foot up into King Pigeon if the hips are too tight.

CONTRAINDICATIONS

- · Sacroiliac injury.
- Ankle injury.
- Knee injury.
- Tight hips or thighs.



EKA PADA KOUNDINYASANA

(POSE DEDICATED TO THE SAGE KOUNDINYA)

HOW TO PERFORM

- * Start in a standing position then come to squat with both knees together. Turn your knees out 90-degrees to the right and place your hands on the floor directly in front with your right elbow touching your right outside edge of knee.
- * You should be in a twisted position as you take your gaze up and start to shift your weight forward, lifting up through the hips and the feet as if you are coming to side crow, balancing the knees onto the right arm.
- * When you are in Side Crow, split the legs. The left leg should be the lower leg and this straightens away from you whilst the right or upper leg straightens behind you.
- * Engage through the quadriceps and magnetise the elbows towards each other to create a stable base. The gaze should be on the floor in front of you a little way. If you look directly down it will be harder to balance. Feel a lift through the gaze as you lift through the body. Point the toes and feel the legs radiate away, activating the muscles again to help stability.
- *To come out, bend the knees back to Side Crow and drop the feet down.

BENEFITS

- * Power and confidence of the pose. There is a lot to do with trusting ourselves and our bodies here.
- * Whole body strength and stability.
- * Proprioception. Learning where our body is in space, which is essential for all arm balances and many inversions.

MODIFICATIONS

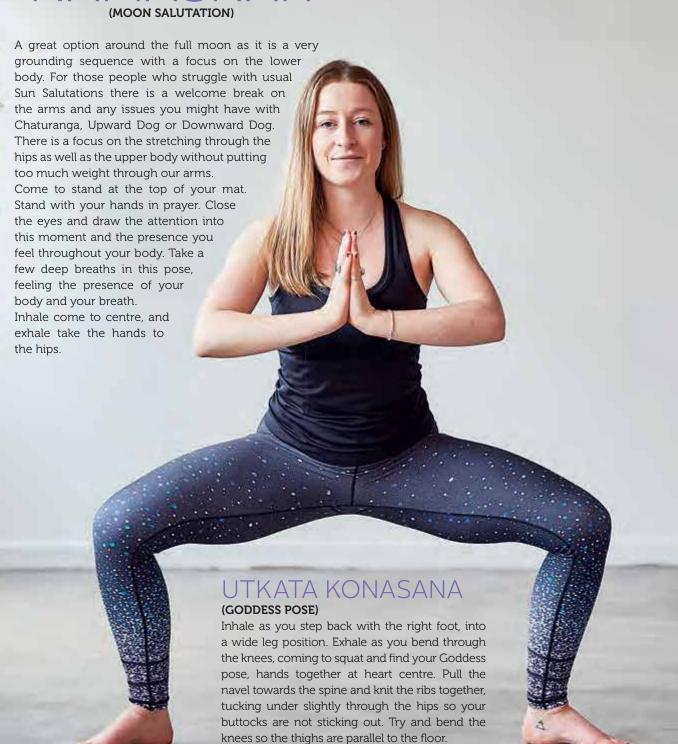
* Stop at Side Crow to get a feel for the pose.

Start by just lifting the hips and toes a little, play around with your balance and see what you're capable of before you take the pose the whole way.

CONTRAINDICATIONS

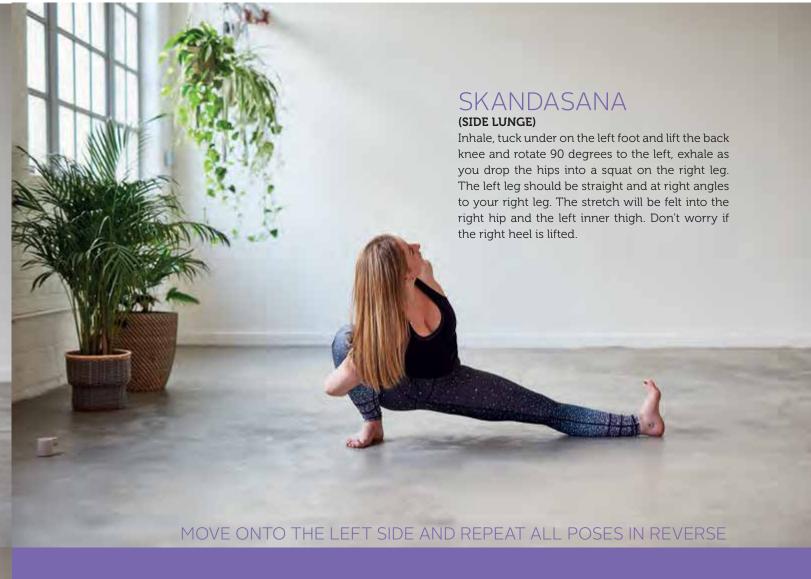
Shoulder, elbow or wrist injury.

CHANDRA NAMASKAR









SKANDASANA

(SIDE LUNGE)

Move the squat into the left leg.

ANJANEYASANA (LOW LUNGE)

Inhale as you rotate the body framing the left foot, drop right knee to find a lunge and untuck the right toes, pull the navel back toward the spine lifting the arms up, palms together, find a back bend.

ARSVOTTANASANA (PYRAMID POSE)

Take the hands back to the floor, tuck under on the right foot, straightening through the right leg, step in a touch. With straight legs look forward and then take a forward fold over your left leg finding a hamstring stretch.

PARVRITA TRIKONASANA

(TRIANGLE POSE)

Coming up take left hand to left leg, right arm opening up to the sky, find Trikonasana.

UTTHITA TADASANA

(FIVE-POINT STAR)

Inhaling as you come to standing, turn the feet out slightly and rotate the body round to the right, opening the hands wide to fivepoint star, take a small back bend opening through the heart.

UTKATA KONASANA (GODDESS POSE)

Straighten through the legs and bring the hands to heart centre. Squat into Goddess pose, keeping the core tight and a feeling of lift through the upper body.

VEDIC ASTROLOGY

WORDS BY YOGLDR MALIK

MAKARA (CAPRICORN)

December 22nd to January 20th February starts on a peaceful vibration. The higher chakras may be active so work with meditative practices. Give yourself an energetic boost on a physical level and try some brain enhancing foods or vitamins and minerals. The month starts on a feel-good factor and you will attract positive vibrations, so enjoy all the positive outcomes that come your way. Let go of clutter both in the mind and in your environment. Allow new experiences and things to enter your life.

KUMBHA (AQUARIUS)

The month closes on an exciting energetic vibration.

January 21st to February 19th

The month starts on a positive vibration and lots of new opportunities are presented in all areas of your life. In love you are lucky and this may be a perfect month to consider long-term promises. Finances and business ventures may also be occupying your mind this month. The higher chakras are also active. The stars that enter your 'house' bring opportunities for you to grow on a spiritual level. February ends on an auspicious vibration.

MEENA (PISCES)

February 20th to March 20th

'Be grateful' is a wonderful mantra. Whatever you are feeling always remember you are still better off than someone who is suffering more. Everything is transitory. Even the seasons must change. If you are feeling stuck in a rut start with working on your physical health to get your energetic vibrations moving in a new direction. Work with the lower chakras and practise yoga to keep grounded. Try meditative practices and find time for the great natural outdoors. The month will encourage you to also pay attention to your loved ones.

MEESHA (ARIES)

March 21st to April 20th

The reason love is in the air for you is because everywhere you look reinforces it's the season of love. Let your guard down and be surprised at who you can meet. February is perfect for socialising and getting out and about. Enjoy life now - don't keep putting it off for tomorrow as the stars are on your side. Procrastination is considered by some to be sinful, especially when it comes to matters to do with the heart. If you don't feel worthy the universe will conspire against you. Make this 'your' month. February closes on a feel-good vibration, so enjoy.

VRISHA (TAURUS)

April 21st to May 21st

De-clutter your mind this month. The energetic vibration of the stars that enter your house invite you to have a good look at what you have accumulated. If it's old or not usable or you are just holding onto something for sentimental value, but deep down in your gut you don't like it or has a bad memory attached to it, then let it go. It's all good! The month will be packed with new ideas and pleasant outcomes in all areas of your life.

MITHUNA (GEMINI)

May 22nd to June 21ST

The stars encourage you to rest. This means restful sleep, mindful eating, paying attention to your health and wealth. There is abundance for all. Don't limit your mindset. Don't despair if you feel that you don't have enough. Auspicious colours to incorporate to attract wealth and good fortune include silver and gold. There is also emphasis this month on business and finance. Contractual arrangements may require attention and avoid any pitfalls by reading the small print.

KARKATA (CANCER)

June 22ND to July 22nd

The stars encourage you to explore your aspirations especially when it comes to study, career choices and work responsibilities. Ask yourself are you really following your calling in life or are you doing it just to keep up with the 'Joneses next door'. Do you want to carry on doing whatever you doing in 10 years' time or not? If your gut instinct is telling you 'no', then this should be ringing alarm bells. Look around for advice and support and find new pathway. Don't sit back and hope that things will come to you - be active and you'll be surprised at what happens. The month closes on a positive and refreshing vibration.

SIMHA (LEO)

July 23rd to August 22nd

The month starts on a busy vibration encouraging you to try out new activities, conclude existing projects and meet deadlines - a whole array of responsibilities demand attention almost all at the same time. Be prepared for some awkward decisions but ones that will benefit you long term. The stars instigate changes at the domestic front and you also find new and interesting openings in your life, particularly related to your career choices. February closes on a peaceful note.

KANYA (VIRGO) August 23rd to September 23rd

You will be the centre of attention wherever you decide to go this month. The greatest impact will be made on your close friends and family. The energetic vibration in your 'house' this month is a good one. You can expect lots of nice outcomes especially when it comes to love and romance. Your artistic abilities will be required by others. Use your wise personality to influence others in a positive way. Happy days are promised but only if you believe they will come. Start each morning this month with a few minutes of meditation and experience the noticeable differences in the way your day proceeds. Expect that it will be good and it will be.

TULA (LIBRA)

September 24th to October 23rd

Don't be influenced this month about what others opinions are about you. They are human beings just like you. Instead of worrying about these things try directing that energy to other projects where you can help improve the lives of those that are vulnerable in our society. The month brings with it an energetic vibration that should help you. Work with the throat chakra and speak your truth. Don't be undiplomatic but at the same time don't expect everyone to be telepathic and know your needs. February closes on a nice vibration.

VRISCHIKA (SCORPIO)

October 24th to November 22nd

There is special focus this month on eating and drinking healthy foods and chakra cleansing. Combine the two. Eat different coloured foods to align with the colours of the chakras. The heart chakra may be active so work with meditation and related practices to stay grounded. Incorporate antioxidant-rich fruits, such as berries as these will help provide you good nourishment, delay ageing and help expel toxins. Increase your yoga practice to stretch and unwind any tension and provide your internal organs with a natural massage. Social companionship is emphasised this month to help keep your creativity flowing. February closes on a peaceful note.

DHANU (SAGITTARIUS)

November 23rd to December 21st

The start of the month is characterised with a special energetic vibration. Love, romance and passion are particularly strong. It need not be to do with another person - it could be anything in your life - from pets, to hobbies. Whatever you direct your attention to this month is promised to be a success. The stars also encourage you to make amends with anyone you have caused any emotional distress and to heal old wounds and the soul.



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