

YOGA AS MEDICINE: THE LATEST RESEARCH

yoga

JOURNAL SINGAPORE

delicious
SALAD
RECIPES

8 energy refresh
poses to
REVITALIZE
& **inspire**
your day

SUN
SALUTATIONS
*a ritual that can
light up your life*

UPSIDE
DOWN
Tips for Inversions

ESCAPE ^{to}
AFRICA
for yoga

AUG/SEPT 2017 #8 S\$9.95

ISSN 2424-9246



9 772424 924002

YOGAJOURNAL.COM.SG



TRUE FITNESS

\$0*
JOINING FEE
plus
**FREE
3D BODY
SCAN
BY STYKU**

“ Once you see the results, it becomes an addiction. ”

Albert Karun de Kler
Actor & Model,
True Fitness Member

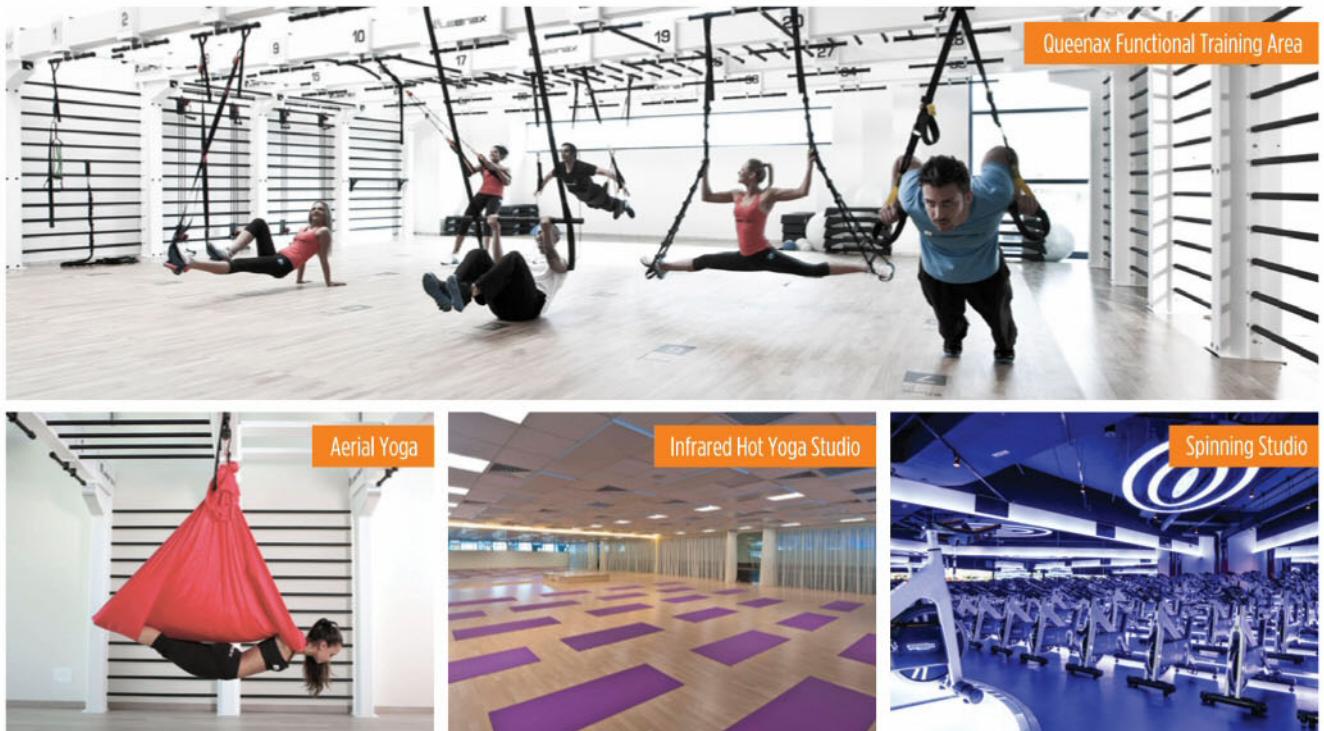
* Terms & Conditions apply. Offer ends 30 September 2017.

CALL US NOW FOR A
TRIAL WORKOUT

www.truefitness.com.sg

VIVA BUSINESS PARK, BLOCK B, 2ND FLOOR
TEL: 6348 2900

NEW FITNESS & YOGA CENTRE @ VIVA BUSINESS PARK!



Located near Bedok Town Centre, True Fitness at Viva Business Park is your convenient workout stop.

- New Queenax functional training system, and Aerial yoga facilities.
- Over 200 state-of-the-art cardiovascular, free weights and resistance training equipment with online channels, workout progress tracker and iPhone links.
- Over 100 classes every week of Yoga, Hot Yoga, Aerial Yoga, Spinning and other Group Exercise classes.
- Wide variety of Personal Training programs such as 1-Vest, Kickboxing, TRX® Suspension and Queenax Functional Training.
- NEW Styku 3D body scanner and shape analyser, to help track and chart your fitness progress.

Other True Fitness outlets

| | |
|----------------------------|------------------|
| CHEVRON HOUSE | 6438 3000 |
| DJITSUN MALL@AMK | 6758 9555 |
| GREAT WORLD CITY | 6235 9622 |
| HARBOURFRONT CENTRE | 6278 3000 |
| INCOME @ TAMPINES JUNCTION | 6788 9555 |
| SUNTEC CITY MALL | 6820 9000 |
| VELOCITY @ NOVENA SQUARE | 6255 9555 |



contents

AUG / SEPT 2017

FEATURES

50 **Yog-aaah for Pain**

It is no secret that yoga can help relieve pain and other psychosomatic problems. We homed in on the most common sites of physical pain—head, neck, back, shoulders, wrists, hips, hamstrings and knees—and got top experts on yoga anatomy to offer yoga-based solutions for both healing and prevention.

By YJ Editors

58 **Turn your practice upside down**

Whether you're terrified of inversions or you're a pro with handstands, this practice will align you and master five key inversions—and get the most of them.

By Caley Alyssa

66 **Shine on me**

Sun Salutations are a great way to kick off your practice. We tell you about the importance of starting your day with *Surya Namaskaras*, and how the chanting of *Gayatri Mantra* goes a long way to keep your practice and your health secure.

By Kelly McGonigal

"I meditate once, sometimes twice a day, and I teach meditation at the end of every class," says **COVER MODEL CALEY ALYSSA**, Los Angeles based yoga teacher (Upside Down, Page 58). Caley is doing a variation of Natarajasana (Lord of the Dance pose) on the cover.

MODEL: CALEY ALYSSA | PHOTOGRAPHER: AMANDA FRIEDMAN | ART DIRECTOR: ANUJA BAGADE
STYLIST: NICOLE GRIFFIN/HAZEL & PINE; HAIR/MAKEUP: BETH FOLLERT/JK ARTISTS, USING MAC; TOP AND BOTTOMS: ALO

cover credits Model: Caley Alyssa | Photographer: Amanda Friedman | Art Director: Anuja Bagade | Stylist: Nicole Griffin/Hazel & Pine; Hair/Makeup: Beth Follert/JK Artists, using MAC; top and bottoms: Alo

SUBSCRIBE



yoga
JOURNAL SINGAPORE



PRINT or DIGITAL version

Flip through pages of a Print Magazine or
read Multimedia-rich content on your Laptop, Tablet or Mobile.



Subscribe to Yoga Journal Singapore and win a set of Young Living's Sacred Mountain (15ml) and Lavender (15ml) essential oils worth \$131.58 (only 10 sets to give away!). Lucky winners also get \$50 off Young Living Aromatherapy Yoga Events* happening in September!

Terms & Conditions: Young Living giveaway offer valid for first 10 new subscribers only. Email publicrelations.sg@youngliving.com with your receipt to find out details of prize collection. *\$50 discount is only applicable for the following events: Aromatherapy Yoga Teacher Training, and Balance: A 2-Day Wellness Retreat. Find out more at www.younglivingyoga.sg



HOW TO SUBSCRIBE?

1 Log on to our website
www.yogajournal.com.sg
and subscribe to Print
or Digital version.

OR 2 Download Yoga Journal
Singapore App from

OR 3 Fill the form below
and mail it to us with
your payment details

YES! I WOULD LIKE TO SUSCRIBE TO YOGA JOURNAL SINGAPORE

| **SUBSCRIBE | |
|--|--|
| DIGITAL | PRINT |
| <input type="checkbox"/> 1 year (\$S\$42) | <input type="checkbox"/> 1 year (\$S\$42) |
| <input type="checkbox"/> 2 years (\$S\$72) | <input type="checkbox"/> 2 years (\$S\$72) |
| Digital & Print | |
| <input type="checkbox"/> (1 year) (\$S\$60) | |
| <input type="checkbox"/> (2 years) (\$S\$85) | |

| PERSONAL DETAILS | |
|------------------|-------|
| Full name: | _____ |
| Address: | _____ |
| State: | _____ |
| Postal Code: | _____ |
| Country: | _____ |
| Phone: | _____ |
| Email: | _____ |

| PAYMENT DETAILS | | |
|--|-------------------------------------|---------------------------------|
| <input type="checkbox"/> VISA | <input type="checkbox"/> MASTERCARD | <input type="checkbox"/> CHEQUE |
| Card Holder's Name: _____ | | |
| Card Number: <input type="text"/> | | |
| Expiry Date: <input type="text"/> <input type="text"/> | | |
| Payment by Cheque: Enclose a cheque made payable to Yoga Journal Singapore & mail it to our address mentioned below. | | |
| Signature: _____ | | |

Please send your subscription form with payment details to Yoga Journal Singapore
302 Orchard Road, 0703 Tong Building, Singapore 238862

By signing this I confirm that I have read the terms and conditions & agree to receive promotional material sent by Yoga Journal Singapore.



11



32



40



78

11
12
14**LIVE WELL**

WHAT'S THE BUZZ IN SG Lots of fitness events in the second half of this year! Find out what's happening and where, and book your mats.

ESCAPE Ever wanted to do yoga in Africa? Singapore-based yoga teacher Dr. Trish Corley traveled to Kenya as an assistant teacher and experienced joy, connection and happiness with a diverse group of people from different socio-economic backgrounds.

19
20
25**PRACTICE WELL**

ANATOMY The key to a safe and pain-free practice? Strong, stable glutes. Learn how to build and balance your gluteus maximus, medius, and minimus muscles with Jill Miller.

HOME PRACTICE Experience more happiness by embracing the opposing concepts of peace and possibility with this practice from Eoin Finn, founder of Blissology: a yoga system that incorporates strategies for bringing more joy, awe, and love into our lives.

29
36

MASTER CLASS We can't share enough about sun salutations in this issue! Explore new ways of practicing the *surya namaskaras* as a form of movement meditation with yoga guru Shiva Rea.

MEDITATION YJSG editor, Kavita Chandran, interviews meditation expert and Asia's leading "Wisdom Coach" Vikas Malkani to learn how and why he made meditation teaching his life's purpose.

39
40
44**EAT WELL**

HYDRATE YOUR PLATE When the weather outside is hot and humid, any yoga class can turn into a sweaty one. To help replenish fluids lost to perspiration, eat (yes, eat!) what's suggested here by Victoria Clayton.

SALAD DAYS Toss up something interesting for dinner with these global recipes from new cookbook *Around the World in 120 Salads*.

73
74
78
80**CONNECT**

MY STORY, MY CALLING Singapore's Anthea Indira Ong, former corporate bigwig, now teaches yoga & meditation, and also runs Hush, a silent tea bar, among other great ventures. She shares her calling here.

WE'RE YOGIS We feature a power yoga couple this time. Liz and Nicholas Clayton, who live and work in Singapore, are entwined in a bond of love, marital bliss and Kundalini yoga.

TEACHER SPOTLIGHT Ed Dailey, a nurse-cum-yoga teacher is in Singapore in September to teach aromatherapy sessions. YJSG interviewed Ed to find out more about his passion for yoga.



\$19.26

Experience Bespoke Premier Luxury in Beauty & Wellness at De Beaute

CaseTrust accreditation with Category One-License Spa & member of Spa Association Singapore
Enjoy 1 session only **\$19.26** w/GST (\$18 w/o GST) Choose from the following below:

De Beaute Aesthetics Facial (code: FC)

\$19.26

- LED Facial Tronic 3 in 1
- 4-D Meso-Injector Face-Lift
- Aqua O2 Oxy Jet Peel Facial
- Luminous Pearl Whitening Facial

Fat Reduction Slimming (code: SL)

\$19.26

- Power Slim Body Treatment
- 3D Shape-Up Fat Loss Program
- Body Sculpting Slimming
- Acu Needle-less Acupuncture

Spa Indulgence (code: SP)

\$19.26

- Thai "Sai-Bai" Herbal Compress
- Cell-Regeneration Red Wine Massage
- Traditional Javanese Jamu Massage
- TCM Woman Wellness Treatment

And enjoy De Beaute give away! only for Yoga Journal readers!

1X Eye / Neck Treatment

T&C Apply

1X Lifting Mask

T&C Apply

1X Ear / Navel Candling

T&C Apply

1X TCM Treatment

T&C Apply

CALL: **6221 0001** or SMS : **9745 1133** YJ18<space> NAME <space>IC<space>CODE

ORCHARD 1

Singapore Shopping Centre 1
190 Clemenceau Avenue
#B1-00, S239924

6735 1133

ORCHARD 2

Singapore Shopping Centre 2
190 Clemenceau Avenue
#01-01/10, S239924

6334 1133

CENTRAL

International Plaza
10 Anson Road
#02-42/44, S079903

6223 1133

EAST COAST

Roxy Square 2
50 East Coast Road
#03-22A, S428769

6342 1133 / 6346 1133

Monday To Friday : 11.00 AM - 8.30 PM Saturday : 10.00 AM - 6.00 PM CLOSED ON SUNDAY & PUBLIC HOLIDAY

[DeBeauteFaceBodySpa](#) [DeBeauteSg](#) [www.debeaute.com](#)

Terms & Conditions :

Price is inclusive 7% GST. Valid for female & male, 21 years old & above. Valid for first time customers. Valid from 1 August - 31 December 2017. Not valid for existing package holder. Valid for Singaporean, SPR & EP holder. Advance booking by phone is required. Not exchangeable for cash & non-refundable. Not exchangeable for products or other services not stated in the above promotion. Not valid in conjunction with other offers & promotions. Operating hours : Mon - Fri : 11 am - 8.30 pm / Sat : 10 am - 6 pm. Closed on Sun & PH. De Beaute reserves the right to amend or withdraw any of the Terms & Conditions without prior notice. By responding to this promotions, the customers give hers / his authorization, permission and consent to De Beaute Beauty & Slimming Pte Ltd / De Beaute (SSC) Pte Ltd / their subsidiaries companies to use, disclose, release and contact any or all information, which have provided. Customers also agree to be contacted by e-mail / telephone / SMS / WhatsApp or any marketing purposes & appointment schedule.



yoga

JOURNAL

SUBSCRIBE TO YOGA JOURNAL SINGAPORE AT
www.yogajournal.com.sg/subscribe



ADVERTISE IN YOGA JOURNAL SINGAPORE:
advertisements@yogajournal.com.sg

WRITE FOR YOGA JOURNAL SINGAPORE:
editor@yogajournal.com.sg

HAVE AN UPCOMING YOGA EVENT / WORKSHOP
let us know, events@yogajournal.com.sg

EDITOR
Kavita Chandran

COPY EDITOR
Mingli Lin

ART DIRECTOR
Anuja Bagade

MARKETING DIRECTOR
Rahul Budhraja

SALES AND MARKETING
Aslinah Jaffar

PHOTOGRAPHERS
Amanda Friedman
Gargi Mazumdar

ADMIN ASSISTANT
Wai Kuan Tan

PRINTER
Ho Printing Singapore Pte Ltd

DISTRIBUTOR
Pansing Distribution Pte Ltd
Magazine Division

PUBLISHER
Sankia Publishing Pte Ltd
302 Orchard Road, 0703 Tong Building
Singapore 238862
Tel : (+65) 6521 3716

Yoga Journal Singapore is published six times a year
by Sankia Publishing Pte Ltd under license from
Active Interest Media, 5720 Flatiron Building, Boulder,
Colorado 80301, United States of America. Copyright
© 2017 Active Interest Media. The trademark YOGA
JOURNAL is a registered trademark of Active Interest
Media. © Cruz Bay publishing Inc. All Rights reserved.
No part of this publication may be reproduced without
the written permission of the publisher. Articles
published in the magazine reflect the opinion of the
authors and cannot necessarily be interpreted as
those of the Publisher or the Editor of
Yoga Journal Singapore.

ISSUE NUMBER 08, AUG / SEPT 2017

YOGA JOURNAL SINGAPORE
Sankia Publishing Pte Ltd
ISSN # 24249246
Newspaper Permit MCI (P) 017/05/2017



Yoga Journal Singapore is owned by licensee Sankia Publishing Pte Ltd and has been issued a Newspaper Permit by the Media Development Authority of Singapore. The magazine is not responsible for advertising claims. Advice on exercise and wellness are not a substitute for medical counselling. The editorial content in Yoga Journal Singapore should not be used as a substitute for professional healthcare. Talk to your doctor if you are unsure of certain exercises mentioned in this magazine. The creators, producers, participants and distributors of Yoga Journal Singapore disclaim any liability for loss or injury in connection with the exercises shown or instruction and advice expressed herein.



ACTIVE INTEREST MEDIA

CHAIRMAN & CEO Efrem Zimbalist III
PRESIDENT & COO Andrew W. Clurman
SNR VICE PRESIDENT, OPERATIONS Patricia B. Fox
DIRECTOR OF INTERNATIONAL LICENSING Dayna Macy

@ CRUZ BAY PUBLISHING, INC.



Aromatherapy Yoga TEACHER TRAINING

Are you a yoga instructor looking to enhance your practice and the classes that you teach?

Come learn how you can unify the power and benefits of essential oils to create a whole new experience for yourself and your students.

Essential oils have been used for thousands of years for their spiritually and emotionally uplifting properties. They have the highest frequency of any natural substance known to man. Essential oils can help bring your body and emotions into balance, bringing harmony to your energy centres.

By infusing essential oils into your yoga practice, you have a greater ability to achieve and maintain physical, emotional, mental, and spiritual wellness.

In this course, learn how you can unify the power and benefits of both yoga and aromatherapy to create a whole new experience which can enhance your practice, or the classes that you teach.

You will also be introduced to Urban Zen Integrative Therapy (UZIT), which is a unique combination of yoga therapy, aromatherapy, reiki, nutrition, and contemplative care.

In addition, you will have a deeper understanding of how you can better address issues experienced by your students with the combination of yoga and aromatherapy.

The hours you will accumulate upon completion of this course can be counted towards your Yoga Alliance accredited hours.

TRAINER PROFILES

Ed Dailey, RN, E500-RYT, RNPA, Senior Global Educator of Young Living, Yoga Alliance Continuing Education Provider

As a nurse and longtime yoga teacher, Ed has a deep understanding of the transformative benefits of yoga. Ed has been teaching yoga since year 2000 and has been a practitioner for over 14 years. He has completed the Urban Zen Integrative Therapy program that was inspired by Donna Karan, Rodney Yee, and Colleen Yee and worked for 18 months at Beth Israel Medical Center in New York City on the oncology and surgical floors utilizing yoga therapy. Over the years, he has been using essential oils to enhance his yoga practice. Ed is also passionate about teaching others self-care skills to create better healthcare around the world. Ed is a Yoga Alliance Continuing Education Provider (YACEP).



YOUNG LIVING
ESSENTIAL OILS

PURE
YOGA

AN EVENT ORGANIZED BY YOUNG LIVING SINGAPORE,
IN PARTNERSHIP WITH PURE YOGA SINGAPORE.

8 SEPTEMBER 2017

FRIDAY

8:00AM - 6:00PM

PURE YOGA, Ngee Ann City
(OPEN TO YOGA INSTRUCTORS ONLY.)

EARLY-BIRD TICKET

\$275.00 per pax

- Valid until 13 August 2017, 11:59pm -

Comes with 5ml Grounding & Citrus Fresh Essential Oil gifts

REGULAR TICKET

\$300.00 per pax

- Valid from 14 August 2017 until slots last -

Comes with 5ml Citrus Fresh Essential Oil gift

REGISTER AT: WWW.YOUNGLIVINGYOGA.SG

AROMATHERAPY YOGA TEACHER TRAINING COURSE

| | |
|---------|--|
| 8:00am | Welcome and Agenda |
| 8:15am | The Basics of Breath Awareness |
| 9:00am | Break |
| 9:15am | The Basics of Creating and Teaching an Aromatherapy Yoga Class |
| 10:30am | The Science of Essential Oils |
| 11:15am | Yoga Practice with Focus on Awakening |
| 12:15pm | Lunch on Own |
| 1:15pm | Restorative Yoga for Digestion (3 Poses) |
| 1:45pm | Yoga for Restoration |
| 2:30pm | Break |
| 2:45pm | Urban Zen Integrative Therapy Class |
| 3:25pm | Enhancing your Yoga Business with Young Living |
| 3:45pm | Yoga Practice |
| 4:30pm | Q & A Session |
| 4:45pm | Balancing Chakra with Essential Oils |
| 6:00pm | End |



FEATURING BALANCING CHAKRA WITH ESSENTIAL OILS BY

Kristin Khor, Pure Yoga Senior Teacher, 500-hr Jivamukti Apprenticeship Yoga Teacher Training

Born in Washington D.C., Kristin found yoga during university in Sydney. She is blessed to have crossed paths with so many inspirational students in her life and is ever grateful to her teachers – Sangeeta Vallabhan, Rima Rabbath, Monica Jaggi, Elena Bower, Sharon Gannon, David Life and Andrei Ram. They have each in their own way opened her heart to this amazing world and she only hopes to share such Bhakti with those who are ready to listen. Kristin's classes incorporate the teachings of yoga from her perspective with music, flow, meditation, a calm voice, a steady breath, juicy assists and always Savasana (sometimes with lavender lotion.) She hopes to make her students feel as good as she does when they step off their mat to go back to their day.



Dear Readers,

Post summer-break blues! That's what I'm fighting right now, as I'm sure many of you are! Hope everyone got some kind of break, even if it meant a few days off chilling with loved ones at home. Mine was beautiful and hectic, to say the least, as we caught up with family in the U.S.—the most exciting part was that my husband and I officiated a cousin's beautiful mountain wedding in Pine, Colorado, which incidentally also happens to be the State where Yoga Journal is based! As we walked down the aisle ahead of the bride and groom, I paused and inhaled it all in—the mesmerizing beauty of the mountains, the soothing wind, the smiles on the faces of guests, the enchanting music by the cellist and my loving arm around my husband of 20 years—and I whispered 'thanks' to the powers that watch over us for making this moment in my life. We often miss out on living and feeling such moments of beauty, magic and love in our lives as we rush past chores and jobs, checking off boxes even when on vacation. Before we know, amazing moments pass by without us pausing and expressing gratitude.

Gentle reminder to also be always grateful to your body and mind for keeping you healthy, be it through yoga or meditation or any other discipline that you have embraced. In this issue, we touch upon how yoga relieves pain points (Pg 48), the importance of practicing safely (Pg 52), tips on inversions as shown by our cover model (Pg 56), and giving back with gratitude through our Escape section about yoga in Africa (Pg 16).

It was wonderful to return to Singapore flags everywhere on the island for National Day celebrations. Year after year, the parade and fireworks get better and better, and the jubilations attest how blessed we are to be in a country that treats everyone with respect and kindness.

As we get back to our post-summer tasks, let us reminisce about our experiences with loved ones in the past few months, and enjoy the blessings that came our way. Here's wishing all of you a wonderful second half of the year.

Enjoy the magazine!

Happy Birthday, Singapore!

Kind Regards,

K

I threw in some little packets of Ola Bites in my bag when I left for my summer break. It was the best snack I munched on while waiting at the airports. Not only were they utterly delicious, every bite was healthy and satiating. I would highly recommend this very-reasonably-priced 'Made in Singapore' neatly packaged snack for every busy body. (Details on Page 10)



W E L C O M E

David Swenson



Come and discover an incredible experience
of yoga, laughter and fun with one of the
world's foremost Ashtanga Yoga instructors!

24-28 October: Morning Mysore/Pranayama
28 & 29 October: Ashtanga Weekend Workshop
Asia Square Tower 2

PURE
YOGA

For details, please visit pure-yoga.com
events@pure-yoga.com

Grab and Go

Some healthy packaged snacks we recommend you pack in your yoga bag!

RAW VEGAN



Ola Bites Chia Cacao (nut-free)

Introducing 100 % natural, nut-free and raw vegan bites in exciting Chia-Cacao variant. These innocently clean snacks are a great way to start your day or to boost energy pre/post workout.

Ola Bites are without any additives, wheat, diary or any added sugar. Each tasty bite is rich with the nutrients of superfoods including Seeds (Pumpkin, Chia, Melon), Greens (Cacao, Coconut), Fruits (Raisins, Dates). A pack has 5 gm Protein and is rich in Iron (15%) and high in Fiber (21%).

Made in Singapore and only \$3.20 per pack (each pack contains 5 bites), this wonderful energy boost comes in a handy re-sealable bag and has a shelf life of one year.

Use code OLAYOGA to get a 20% discount (only for first 50 customers) www.myola.sg



Kale Chips Supersnacks (Rosemary Truffle)

This is a tasty way to get a serving of the superfood kale, and the addition of organic sunflower seeds, cashews, and nutritional yeast makes it a great, balanced source of B12.

madeinnature.com



Peeled Snacks (Much-Ado-About-Mango)

Mangoes are an excellent source of beta-carotene, an antioxidant that fights free radical damage and also protects our eyes, hair and skin. It is important to add plenty of water when you eat dried fruit, which lacks the hydrating and satiating liquid content found in the fresh variety.

peeledsnacks.com



Bard Valley Natural Delights (Organic Medjool Dates)

Keep it simple with these pitted dates, a concentrated source of good-for-you carbohydrates that'll help fuel your practice because they digest slowly, nixing the crash that comes with sweet treats.

naturaldelights.com



live WELL

petal POWER

Looking to refresh your mindfulness practice? Step outside: The flowers blooming all around you can actually be powerful meditation tools. Picking blooms and arranging a bouquet, when done mindfully, becomes a fragrant and calming moving meditation—one that may help you feel just as relaxed as a session on your cushion would, says Anthony Ward, author of *Being with Flowers*. Before you begin, take a few deep breaths. "Allow your focus on the flowers to create space in your mind," Ward says. Then, try his tips for building a beautiful arrangement every time—so you can focus on the practice, not worry about the end result.

1 Use odd numbers: Always work with at least three of each different kind and color. "Designs look better with odd numbers of each varietal," says Ward. "It's a key proportion in sacred geometry."

2 Color and species diversity is key: Ward's favorite color combo is blue and yellow, though any hues far from each other on the color wheel will work. Try not to repeat flower species in different colors. For example, pair pink roses with white lilies rather than with white roses.

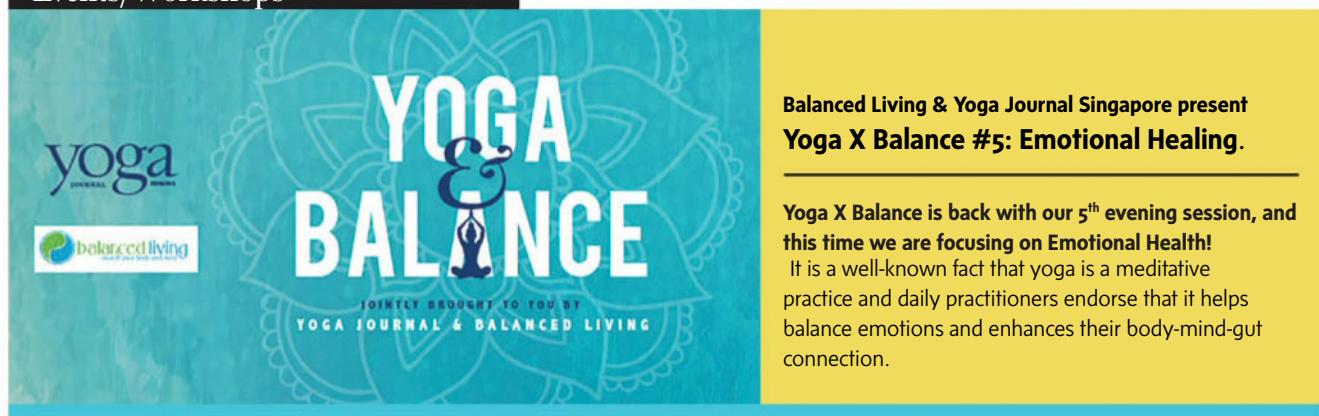
3 Scale matters: To keep the blossoms as the focal point, don't go any taller than one-and-a-half times the height of the vase.

DEANNA KERN

live well

WHAT'S THE BUZZ IN SG?

Events/Workshops



The banner features a blue background with a large, stylized white lotus flower design. In the center, the words "YOGA & BALANCE" are written in large, bold, white letters. Below this, smaller text reads "JOINTLY BROUGHT TO YOU BY YOGA JOURNAL & BALANCED LIVING". To the left, there are logos for "yoga JOURNAL" and "balanced living".

Balanced Living & Yoga Journal Singapore present
Yoga X Balance #5: Emotional Healing.

Yoga X Balance is back with our 5th evening session, and this time we are focusing on Emotional Health! It is a well-known fact that yoga is a meditative practice and daily practitioners endorse that it helps balance emotions and enhances their body-mind-gut connection.

Join Kavita Chandran, editor of Yoga Journal Singapore and author of the book *The Head that won't Stand*, and Nutritional Therapist Tansy Boggon, for a 3-part mind-body-gut evening of yoga, meditation and nutrition to balance your chakras, dissolve emotional tension and learn about foods and eating behaviors to support emotional stability. Limited seats. **August 30, 7-9pm** at Balanced Living, 779 Bukit Timah Road, Singapore 269758. <http://www.balancedlivingasia.com/events/>

If you enjoyed the RevOLution Wellness Expo recently, you will love '**Balance: a 2-Day Wellness Retreat**' by **Young Living Singapore** on **9-10 September at Suntec Room 331**. Reset and recharge your body and mind while learning about the combination of yoga and pure essential oils. Register and learn more about this retreat at www.younglivingyoga.sg

FestivalForGood, Singapore's social enterprise festival, returns for its second run on **19 August 2017**. Held at lyf@SMU from 12pm to 10pm, the event will feature a wide range of activities spanning fashion, lifestyle and F&B, to technology, health and wellness, clothing accessories, meditative tea appreciation session, and delectable food bites from social enterprises that employ or serve the disadvantaged.

Yoga Therapy Workshop – MUST ATTEND!

Most people who experience chronic pain often feel depressed, experience low energy levels and have trouble concentrating. It is no secret that yoga can help relieve pain and other psychosomatic disorders.

If you, or someone you know, wants to get rid of any of the **six most common ailments** that haunt busy lives in the modern world, attend this event on Sunday, September 30, at the Civil Services Club in Singapore. Session includes theory, yoga class and Q&A.

Yoga Journal Singapore and Vyasa Yoga
bring you the most effective and therapeutic way to relieve:

Anxiety & Depression

Asthma

Diabetes

Digestive Disorders

Back Pain

Obesity

(Participants can choose only one yoga class as they all run parallel) 9am to 1pm / **\$90 per person**

For more details, email enquiry@vyasasingapore.com or editor@yogajournal.com.sg

Brought to you by



THE 3RD ANNUAL

BALI vegan Festival

A FESTIVAL CELEBRATING ANIMALS,
THE ENVIRONMENT AND THE EARTH

Bali Vegan Festival takes place from **Oct 6-8** in Ubud. It will feature food and drinks from local restaurants, with talks, workshops and classes all day long. This event is free. For more information visit: www.baliveganfestival.com

New Studios



GuavaLabs by GuavaPass, and a boxing concept called STILL, opened at Downtown Gallery recently. Along with property developer OUE Limited, GuavaLabs has introduced this **5,000 square feet hybrid boutique fitness studio** which is equipped with a yoga studio, boxing training room and juice bar.



A Manduka concept store is now open at **313 Somerset mall**, and houses yoga mats and yoga wear for men and women. Manduka's range of yoga mats contain no toxic material, are made from biodegradable natural rubber and come with a lifetime guarantee.

Upside Motion opens its 3rd studio at OUE Downtown Gallery. The studio, with luxurious shower facilities and powder room, will focus on **Yoga, Pilates, Aerial and Xtend Barre classes**.

YOGA IN AFRICA

Connecting & Giving Back

BY DR. TRISH CORLEY

Imagine a place where you are treated like royalty regardless of the neighborhood you grew up in; where you are encouraged to dream big and to take action to make such dreams a reality; an environment where the only requirement is to be yourself and where others celebrate you for who you are.

For several years I had imagined such a place—the Shine Center, home to the Africa Yoga Project (AYP) in Nairobi, Kenya. I imagined a place full of love and support, as that is what I felt in any of my interactions with those involved with the project. My imagination turned to reality when I traveled to Kenya in April this year to assist my teacher, Paige Elenson (co-founder of the Africa Yoga Project), in leading a 200-hour yoga teacher training.



Celebration of life and yoga at the Shine Center

I was greeted at the airport with a heartfelt hug and an African-size smile that made me feel like Kenya was truly my new home for a while. Our first stop was the Shine Center, and the love and support I experienced was immense. I was greeted with a sense that we are already connected, even before we shared our names.

On my third day in Nairobi, 120 people representing 22 countries (mostly African countries), gathered at the start of the yoga teacher training. Diverse does not begin to describe this group of people. While many were seasoned yogis, some were stepping onto a yoga mat for the very first time! We also had two participants and one trainer who were hearing-impaired. I was particularly struck by the mix of socio-economic backgrounds. The majority of the participants were able to attend the training via scholarship as a result of the fundraising done by AYP and its supporters. Many of them lived in slums, where they were exposed to crime on a regular basis. In our very first team meeting, Paige encouraged us to acknowledge the existence of cultural norms and to honor them. It was clear, however, that this training was about tearing down the walls that divide us, and supporting each other to be authentically connected.

The first part of the yoga teacher training took place at the Shine Center and involved a lot of sweaty and inspiring asana practices. Participants began to learn how to teach yoga, and this started with lessons in active listening. Teaching yoga does not happen by sharing knowledge alone. A powerful yoga teacher makes a connection with his or her students and provides a lesson or a tool that is needed in the moment. I learned that in order to understand what someone needs, it is necessary to really listen; to put my own story aside and make an effort to understand someone else's point of view.

On the third day of the training, we went to the various outreach programs set up by AYP teachers. Each of them commit to teaching free yoga classes in their own communities as a way to spread the power of yoga to those who would otherwise have not been exposed to it. My group followed Kevin Ongutu to his class at U-Tena, a community center developed by young residents of the Viwandani-Mukuru slum in East Nairobi. Kevin teaches yoga and dance to young adults. He also advises them that although their opportunities for education after primary school might not be available, they should never cease learning.

After greeting each other with smiles

at U-Tena, Kevin guided our group and his students to form a circle and hold hands. We practiced yoga on a dusty cement floor without yoga mats. We breathed, smiled, moved, and connected. After lying down in Savasana, Naomi, the young woman next to me, rested her arm on top of mine. Where the societal norm in many places is to pull away, we stayed. There was no wall between us, only connection. After the yoga practice, we were presented with a performance of traditional African dancing and drumming and I was brought to tears by the energy, pride and expression they demonstrated. I made eye contact with one of the girls and she brought me onto the dance floor. We danced, connected, and had a blast!

Upon our return to the Shine Center, the team met to share stories about our group experiences at the various outreaches. For many of us, it was our first time in slum areas, and it brought up emotions that seemed difficult to process. Some groups went to orphanages and homes for children with disabilities. We were all witnesses to significant poverty and ways of living that seemed quite challenging to us. What really struck me though was how liberating it was for the team to openly express their feelings. We listened to each other, and created a space to share our thoughts and feelings without concern for what others will think. The result was connection, and ultimately freedom to be who we are.

On day 6 of the training, we traveled from Nairobi to Camp Kilima, a safari camp on the Masai Mara. The intensity of the training seemed to rise as we moved away from the noise of the city and into the backdrop of the Serengeti, where the space for listening was vast. The training is a Baptiste Yoga program and therefore focuses on three key practices: Asana, Meditation, and Inquiry. Inquiry may also be described as self-discovery and happens by answering deep and thought-provoking questions. We were encouraged to look within and discover where we had created barriers for ourselves, where we listen to lies that we tell ourselves about not being good enough, and how we suffer in an effort to live up to the expectations of others.

As people from 22 different countries and diverse backgrounds opened up with their own stories, we came to realize that the root of all our pain and suffering is the same—we suffer when we are not able to say what we want to say or do what we want to do. We suffer when we are not able to be true to ourselves. Access to healing thus comes from allowing ourselves,



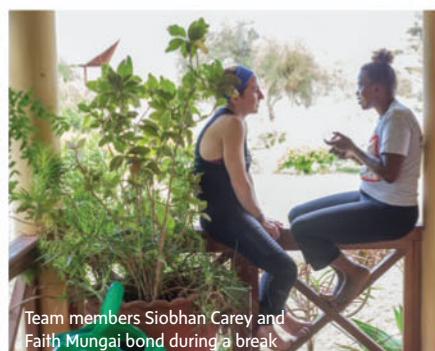
Outreach yoga classes in Nairobi



Participants doing the work in their journals



Melanie Giggs assisting daily asana practice



Team members Siobhan Carey and Faith Mungai bond during a break



Full self expression on the yoga mat



Children are the best students and the best teachers



Handstand break at Amboseli National Park



Yogis connect through asana and play

and each other, to be who we are. The training created a platform for the participants and the team to share their own stories authentically—and healing began to take place. I was encouraged and supported as I shared my own insecurities and fear of not being a good enough yoga teacher, wife and daughter. I found freedom and joy in listening to a young man express his concerns on providing for his mother in addition to his immediate family. My sense of freedom and joy came in realizing that my greatest contribution to this man was my ability to listen. My listening gave him the chance to be himself and therefore the chance to heal.

For several more days, we continued to sweat through the asana practices, find stillness in the meditations, and explore parts of ourselves in the inquiry work. The participants practiced teaching yoga and became more and more confident. Everyone seemed to get lighter and brighter as the training continued. I was honored to lead the anatomy portion of the training. As I prepared to teach, I realized that my own point of view could stand in the way of them really learning. As many of the participants had no formal education, I wondered how they could sit and listen to theories on alignment and anatomy. I soon realized that this point of view would create a barrier and limit their ability to learn. I thus chose to drop my own point of view and teach from a space of listening. I taught a bit about the anatomy of the shoulder, and then listened to see how it landed. It turns

continued on page 18...



This is what a YOGA TEACHER looks like

200 HOUR YOGA TEACHER TRAINING
March 27 - April 1, 2018

AFRICA YOGA PROJECT



...continued from page 16



Practising headstands with a Masai Warrior



Safari ride through Amboseli National Park



AYP team leader Laura Tropea connecting with a Masai leader



Dr. Trish Corley is the founder of New Angle Yoga in Singapore, an internationally recognised Baptiste certified yoga teacher, and a doctor of physiotherapy. Her classes and trainings are known for inspiring students to make the transformation they seek while having fun! www.newangleyoga.com

out that Kevin's point of view that learning should never stop is quite insightful. When I approach my teaching without expectations of my students, they have the freedom to be who they are! From that space they learn and grow more.

Before returning back to Nairobi, we spent a day out in the Masai Mara. We went on a safari ride and came in contact with elephants, zebras, gazelles and many other amazing animals that roam the beautiful land. We also completed a service project in the village of the Massai people; painting their school and building several desks. After, we had a chance to connect with the people of the village and step into their lives. We were welcomed with Adumu, a traditional song and dance. The

woman wore elaborate beadwork and colorful shukas, a traditional sheet wrapped around the body. They stood side by side in one line and made small rhythmic hops forward with their feet together while they simultaneously created a drone humming sound. The men wore traditional red shukas, carried wood spears, and took turns stepping in front of each other in a contest of who can jump highest. I was most surprised when I realized that all of this was taking place on a field of cow dung. The Massai are indigenous to both Kenya and Tanzania and continue their traditional ways of living. Their homes are made of cow dung and do not have electricity.

I was fascinated to experience a way of life so different than my own. As a group, it

was recognized that the Masai have a different point of view from many of us, and it is important that we respect their way of living. Being open to the point of views of others opens the door to freedom for everyone. As Baron Baptiste wrote in *Being of Power*, "The stories, interpretations, and meanings we give to experiences are the filters we need to drop in order to come to the empowering state of Samadhi."

The lessons I learned in Kenya go with me wherever I am. I know that healing does not come from a special destination on the map, but rather from a space within me.

practice

WELL

back to SCHOOL

Teaching yoga has never been so desirable: For every current teacher, there are two more people interested in becoming one, according to a 2016 national survey by Yoga Journal and Yoga Alliance. And while 200-hour trainings remain the most common option available (and the base requirement for becoming a registered teacher), a growing number of instructors and students alike believe 200 hours of education is not enough. Enter 1,000-hour teacher trainings, which are cropping up at yoga schools across the country. "We know yoga teaching as a profession is still evolving, and we want to do our part in helping to elevate the standards for teaching," says Micah Mortali, director of the Kripalu Schools, which now offers a 1,000-hour track that exposes students to a wide range of teachers and lineages. Tiffany Cruikshank, founder of Yoga Medicine, also offers a 1,000-hour training. "I want to raise the bar for yoga teachers, enabling them to have both better credentials and more confidence in their interactions with students," says Cruikshank. Sounds like the best summer school ever!

Body of knowledge

Get to know Your glutes

BY JILL MILLER

FOR MANY PEOPLE, appearance is the top priority when it comes to their posterior. But yoga practitioners also know that the gluteals can do so much more than look great in jeans: They're the primary players in many of the movements that make it possible to do yoga. The gluteus maximus, medius, and minimus—along with many other smaller, supporting muscles—act as a base of support for the pelvis and hips. What's more, these hard-working muscles stabilize your femur (thighbone) in your hip socket, rotate your femur internally and externally, and draw your leg back. And yes, all of these actions also help us stand and walk, and even support us when we sit.

Unfortunately, there are a number of ways we jeopardize the health of this important muscle group. For starters, our increasingly sedentary lifestyles are leading to what experts call "gluteal amnesia," in which the butt muscles become overstretched and underused (read: weak). On the flip side, it's also possible to overuse and overexert these muscles—whether we're excessively clenching the tush in certain asanas, such as Warrior Pose II or Wheel Pose, or pushing too hard while running or hiking. Not only do under- or overworked glutes affect range of motion in the hips and sacrum, but strength imbalances can also lead to instability or pain when we're on our mats. Here's how to find a happy medium.

A strong, supportive bottom is key to a safe, pain-free practice. Here's what you need to know about the gluteus maximus, medius, and minimus muscles; why our sedentary lifestyles are overstretching them; and how to use your yoga practice to balance your backside.

Your backside in backbends

The gluteus maximus can be your best friend when it comes to safely performing backbends. Yet overusing this big muscle by clenching your butt as you backbend can lead to irritation and injury in the spine and sacroiliac (SI) joint. In order to mitigate excessive spinal compression in backbends, it's helpful to use the buttocks and adductors (inner thighs) to support the weight of the pelvis, hips, and spine. Work on the following actions:

STEP ONE

Make sure your feet are parallel to one another—and that the hips and legs are not externally rotated, which compresses the SI joint and causes the sacrum to tilt forward (nutation), possibly leading to pain.

STEP TWO

Activate your inner thighs to ensure that the gluteus maximus does not turn the hips outward. Squeeze a block between your thighs in almost any backbend to train your adductors to "turn on."

STEP THREE

Contract your gluteals in order to posteriorly tilt (tuck) your pelvis while simultaneously activating your abdominals as if doing Ardha Navasana (Half Boat Pose). This will minimize lumbar compression and transfer more of the backbending action into vertebrae higher up the spine.

A NEW EPIDEMIC: GLUTEAL AMNESIA

Are you sitting right now? Squeeze your buttocks, then release them: You should feel them tighten, then slacken. While slack muscles aren't necessarily a bad thing—all of our muscles shouldn't be firing at all times, after all—resting all of your body weight on your slack glute muscles (as you do when you sit) creates a lengthening of the fascial tissues within and surrounding the glutes, which weakens the gluteals' natural tension. When the buttocks are excessively weak, the quadriceps and hip flexors have to work harder to compensate, and these muscular imbalances often sneakily follow us onto our mats to cause problems and pain. Want help? Try the poses on page 22.

ANATOMY OF THE GLUTEALS

The gluteals are made up of three layers of muscles:

GLUTEUS MEDIUS

This muscle sits partway under the gluteus maximus and connects the ilium (hip bone) to the side of the upper femur. It helps you externally rotate your leg when it's extended behind you, and internally rotate your hip when your leg is flexed in front of you. Together with the gluteus minimus, this muscle abducts the hip (moves it outward). This is your chief "side stepping" muscle.

GLUTEUS MAXIMUS

This is the biggest of the gluteals, and it attaches to the side of the sacrum and femur. It's responsible for extending and externally rotating the hip joint. The maximus creates forward thrust as you walk, run, and rise from a squat.

GLUTEUS MINIMUS

A smaller muscle located under the gluteus medius, the minimus helps you abduct, flex, and internally rotate the hip. You'll use this muscle when you make circular movements with your thigh.

Underneath these three main gluteal muscles are what are commonly referred to as the "deep six" or "lateral rotator group," all of which externally rotate the femur in the hip joint. These muscles include:

OBTURATOR INTERNUS (NOT PICTURED)

QUADRATUS FEMORIS

GEMELLUS INFERIOR

OBTURATOR EXTERNUS

GEMELLUS SUPERIOR

PIRIFORMIS

4 poses to put your rear in high gear



Virabhadrasana III

Warrior Pose III, with squats

All of the gluteals must work to perform this movement—the “deep six” external rotators keep each side of the pelvis stable in spite of the different actions in each hip, and the larger gluteals add additional support for the hips. This move forces your buttock muscles to shore up their connection from the thighs through to the lower back to keep the hips and spine stable.

HOW TO From High Lunge with your left foot in front, stretch your arms forward, parallel to your mat and to each other, palms facing one another. As you exhale, press the left thighbone back and the left heel actively into the floor; straighten your left leg and lift the back leg to come into Warrior III. Keep your pelvis level as you bend your left knee slightly (shown), then straighten it. Repeat 6–8 times without letting the spine, shoulders, or pelvis change their relationship to one another. If you can’t balance, place your fingers on a wall and allow them to slide up and down as you move. Repeat on the other side.

Setu Bandha Sarvangasana

Bridge Pose, variation

This pose is exactly the opposite of sitting: It places the hips into extension and strengthens all of the deep and larger buttock muscles. What’s more, this posture also helps you figure out which side of your glutes is stronger. The more you practice it, the better each buttock will become at supporting its counterpart.

HOW TO Rest on the ground with your arms on the floor. Unlike the classic version of Bridge, keep your arms and shoulders passive so that they don’t compensate for your gluteal strength. Place your feet parallel to each other and a few inches from your butt so that when you lift up, your shins are perpendicular to the floor. Activate all of your deep-core muscles at once to keep the natural curves in your spine intact. Then, activate your glutes and raise your pelvis off the floor without allowing your lumbar to curve into a backbend. The key is to reach full extension, creating a diagonal line from



your shoulders to your knees, without feeling any discomfort in your back. If you feel a pinching sensation or any soreness in your lower back, reinforce the tension in your abdominals and gluteals and lower your hips until you find an angle that works. Lift your left foot off the ground 1 inch and hold the pose for 4–8 breaths without any wavering or collapsing in your pelvis/hips. (If this is too much, just lift your heel.) Switch sides. Then lie flat on your back to rest. Repeat for a total of 3 complete rounds.

Salabhasana

Locust Pose, with block between legs

Salabhasana will mostly target your gluteus maximus by tasking it to lift each hip, thigh, lower leg, ankle, and foot against gravity. This pose also helps you determine whether your gluteals are strong enough to lift your lower body. (For optimal health, your tush should be able to carry you.) If your gluteals “fail,” you’ll likely feel this in your lower back, which can lead to back pain.

HOW TO Rest on your abdomen with a block between your thighs, and stretch your arms out in front of you with your palms facing one another. Activate your abdominal muscles and inner thighs. Posteriorly tilt (tuck) your tailbone by contracting your buttocks and raise your legs off the floor. This action will minimize any compression in your lower back. Activate your back muscles and raise your upper body and arms off the floor. Maintain all of this while breathing



into your rib cage for 6–8 breaths. Return to the starting position, rest, and repeat 3 more times.

Writer **Jill Miller** is the co-founder of Tune Up Fitness Worldwide and author of *The Roll Model*. She has presented case studies at the Fascia Research Congress and the International Symposium of Yoga Therapists, and she teaches at fitness and yoga conferences worldwide. Learn more at yogatuneup.com. Model **Chelsea Jackson Roberts, PhD**, is an Atlanta-based yoga teacher. She founded chelsealovesyoga.com, a platform for discussion on yoga, race, and diversity.



Utkatasana

Chair Pose

This pose mostly targets the gluteus maximus and medius, and the piriformis. Rather than off-loading the task of supporting your body weight like we do when we sit in a chair, this move puts stress on your glutes, which helps you build strength and endurance. Bonus: It takes quite a bit of strength to lower into the pose and to raise yourself out of it: These dynamic elements are just as beneficial as holding traditional Chair in the lower "sitting" position.

HOW TO Stand in your best Tadasana (Mountain Pose) with your feet hip-width apart and toes pointed forward. Simultaneously stiffen your ab muscles and back muscles so that your spine moves as a single, staff-like unit into the pose, and contract your gluteals with a squeeze of your buttocks. As you do all of this, attempt to move the floor apart with your feet by firing your outer hips. Then, without shifting your spine, raise your arms overhead and sit deeply into an imaginary chair. Lower as deeply as you can without losing any of the muscular activation listed above or allowing your spine to change shape. (A quick mirror check helps you to see if your spine is compensating for lack of stability in the glutes and pelvis.) Breathe into your rib cage as you maintain core stability; stay here for 8 breaths or longer.

Indonesia's International
Yoga, Healing, Wellbeing Festival

Namaste Festival 2017

DEERA DEWI

EARLY BIRD PRICE ends June 30th
ONLY IDR 1.750.000
for 2-Days Full Festival Pass
Regular Price IDR 2.750.000

FACULTY LINE UP*

GUARAYACO

ANJASMARA

ARIF SENTOSA

CALEB PACKHAM

CATUR FERDANIEL

DECKY KARUNIA

DYLAN WERNER

I WAYAN BAGUS SAPUTRA

KRISTEN SCHNEIDER

MARK YEO

MARTIN & TASYA

MILANDA SUENARTO

PIPIT SAVITRI

PUJIASTUTI SINDUH

RONAN TANG

SLAMET RIVANTO

*SUBJECT TO CHANGE

NOVEMBER 10-12, 2017
X Golf Driving Range, Pintu 5 Senayan
Jakarta-Indonesia

Namaste
Festival 2017
Yoga, Healing, Wellbeing Festival

yoga heart

Sukha

TOTAL 8+

Flow

@namastefestival www.namastefestival.com namastefestival
Namaste Festival / Anita Boentarman

Become Certified Yoga Instructor / Therapist from World Class Yoga University

Yoga Therapy (Prevention & Management) Classes for:

Asthma, Nasal Allergy, High & Low BP,
Ischemic Heart Disease (IHD), Anxiety
Neurosis, Depression, Gastritis, Diabetes,
Obesity, Migraine, Rheumatism, Low back
pain, Arthritis, Menstrual disorders and
Cancer etc.



- * Teacher Training**
- * Advance Yoga Classes**
- * Pranayama & Meditation Classes**
- * Private Yoga Therapy**
- * Kids Yoga**
- * Corporate Yoga**

**Call: 9626 2425 / 6295 0190
Email : enquiry@vyasasingapore.com**

www.vyasasingapore.com



A home practice to find peace & possibility

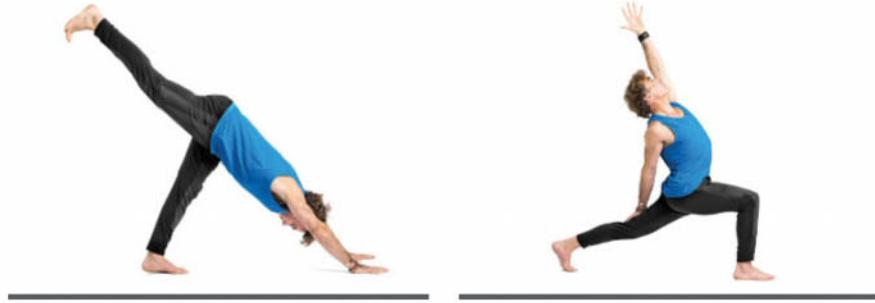
By Eoin Finn

WHEN WE PRACTICE YOGA, we have a chance to play with opposites. For example, we learn how to root down into the earth in order to rise up toward the sky, or to empty the breath in order to feel the fullness of that void. We can also use our practice to embrace the opposing concepts of peace and possibility. After all, peace is a feeling of being in harmony with the world exactly as it is, whereas possibility implies that there is something we'd like to attain.

Learning to hold both peace and possibility in our hearts can help us balance the art of actively creating with letting go and trusting the process. It means we can be OK with life unfolding, rather than getting caught up in controlling it (and experiencing the resulting frenzied, anxious expectation).

I created this sequence while I was in Baja, feeling both peace and possibility in my heart. I felt light and grounded, present and hopeful. To me, the peak posture in this flow—Grasshopper Pose—represents these qualities. The sequence leading up to it helps open the hips and oblique muscles, while also developing hand balance.

PHOTOS: CAVEMAN COLLECTIVE; MODEL: EOIN FINN; GROOMING: MEGAN RAY; CLOTHING: MODEL'S OWN



1 Eka Pada Adho Mukha Svanasana

One-Legged Downward-Facing Dog Pose
Come to Downward-Facing Dog Pose and hold for 5 breaths, making any movements you need to settle into the pose. Then, on an inhale, root down through your hands and lengthen your right leg toward the sky. Press through your right heel and use your diaphragm to create traction in the spine.



3 Parivrtta Trikonasana

Revolved Triangle Pose

From High Lunge, straighten your right leg and, on an exhalation, bring your left hand to the floor inside your right foot. Then, twist from your torso as you press your outer right hip back, which should intensify the stretch of the gluteus medius and iliobial (IT) band. Keep your left toes active to help elongate your spine. Stay here, breathing deeply, for 45 seconds.

2 High Lunge, variation

Step your right foot forward between your hands and come into High Lunge. Keeping your shoulders square and your hips level, focus on the stretch in your left hip flexor. Either reach both arms up or, if it feels safe for your joints, deepen the hip-flexor stretch by taking your right hand to your outer left thigh. Stay here, breathing deeply, for 45 seconds.

4 Parsvottanasana

Intense Side Stretch Pose

Bring your hands to either side of your right foot, which should be facing forward. On an inhalation, lengthen your spine. On an exhalation, fold forward from your hip joints while reaching out through the crown of your head. Stay here for 45 seconds, breathing tension out of your hamstrings.



5 Anjaneyasana

Low Lunge, variation

Shift back into Low Lunge with your back left knee on the floor. For maximum stability and traction in the spine, stay on your left toe mounds. Reach both arms up, gently arching your spine—just enough to open your front body without overly compressing your lower back. (Optional: Reach back for your outer left thigh with your right hand, as shown.) Reach your spine up and away from your back foot with long, smooth breaths for 45 seconds.

6 Parivrtta Parsvakonasana

Revolved Side Angle Pose

Come back to High Lunge. On an inhalation, reach your left hand forward. On an exhalation, twist your torso to reach your left elbow around your right thigh. Keep your back full and broad as you press your right knee and left elbow together, then move your right hip back and lift your left knee off the mat. Stay here for 45 seconds, taking long, full breaths.

7 Ardha Matsyendrasana

Half Lord of the Fishes Pose

Come out of the standing twist, shift your right foot to the left, and slide your left knee to the outside of your right foot so you can sit down beside your left heel. Place your left elbow around your right thigh with your left fingertips on the floor. On an inhale, feel your torso grow longer; on an exhale, twist. Stay here for 1 minute, breathing slowly and twisting more deeply on every exhalation.



8 Ankle-to-Knee Pose

Untwist your body, face forward, and place your right ankle on your left knee so that your shins are stacked. If your hips are tight, support your knees with blocks, or sit on a blanket (or bolster) to protect your knee joints. Stretch your arms straight out in front of you—fingertips on the floor—and fold forward from your hip joints, using your hands as leverage to lengthen your spine. Breathe deeply and relax your jaw for 1 minute, then repeat with your opposite shin on top.

9 Navasana

Boat Pose

From a seated position, lift your feet off your mat so your thighs make a 45-degree angle with the floor. Keep your knees bent with shins parallel to the floor, or straighten your legs and stretch your arms parallel to each other (shown). You can also place your hands behind your knees for more support. No matter which expression your Boat takes, root your sitting bones into the ground so your spine stays long. Stay here for 30 seconds. Next, hug your knees into your chest and roll up to Chair Pose.

10 Bakasana

Crane Pose

From Chair Pose, place your hands on the ground and bring your knees into your armpits. Bend your elbows and lift your hips higher than your shoulders, balancing on your hands. Then, bring your big toes to touch. Look and lean forward, squeezing your inner arms and legs toward the midline. Stay here, breathing deeply, for 30 seconds.

Repeat poses 1–8 on the left and Navasana.

Skip 10 and move on to 11.



11 Parsva Bakasana

Side Crane Pose

From Crane Pose, move into Chair Pose again, then twist your left elbow around your right thigh—the higher you can get your elbow on your thigh, the better. Place your hands on the floor and gather your elbows in toward the midline, as if moving into Chaturanga. As you move your weight forward to balance on your hands, track along a diagonal, leaning your face and torso toward your right hand as you bring your shins parallel to the floor. Stay here, breathing deeply, for 25 seconds.



12 Eka Pada Koundinyasana I

One-Footed Pose Dedicated to the Sage Koundinya I

From Side Crane, engage your quadriceps to straighten your legs, taking your top leg up and back and your bottom leg out to the right. Squeeze your elbows in toward the midline and use your feet to create an “in and up” force. Breathe deeply for 15–20 seconds here, and try to find a sense of playfulness in this pose!

Repeat poses 11 and 12 on the other side.



13 Standing Pigeon Pose

From Tadasana, shift your weight onto your left foot and cross your right ankle directly above your left knee, so that your foot is flexed and hanging slightly off to the side of your left leg. Find your *drishti* and sink into your hips as you bend your standing knee. Place your hands at your hips, heart, or on the floor. Feel your hip opening deeply. Stay here, breathing deeply, for 45 seconds. Repeat on the opposite side. (If your hips don’t feel open enough to move on to the next pose, stay here.)



14 Grasshopper Pose

From Standing Pigeon (standing on your left foot), move your right hand forward a few inches and bring the sole of your right foot onto your right upper arm. Move your elbows in toward the midline as you lean slightly toward your left hand. Keep your right foot active and press through the left big-toe mound. Smile from deep inside as you work toward floating your left leg. Repeat on the opposite side.



15 Uttanasana

Standing Forward Bend

From Tadasana, bend your knees and fold forward from your hips, keeping your spine long. Place your hands on your shins, the floor, or under your feet. As you exhale, start straightening your legs, lifting your sitting bones as you tip your pelvis forward. Keep your spine long, relax your mind, and breathe here for 1 minute.

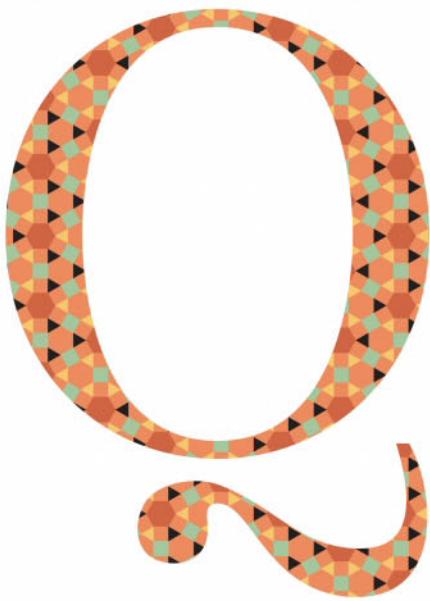


16 Padmasana

Lotus Pose

Lie down; take an easy twist on both sides. Then, rest in Savasana for at least 5 minutes, letting your active muscles find ease while light fills your heart. Next, come up into Sukhasana (Easy Pose) or Padmasana and fold forward with your hands in Anjali Mudra. Feel the peace in your heart and the ease in your body—then ask for what you’d like to manifest and let it go. Focus your mind on calmness and acceptance, which will give your intention some space.

Teacher and model **Eoin Finn** is a yogi, surfer, eco-activist, and founder of Blissology, a yoga system that promotes reverence for nature as the foundation for happiness. Learn more at blissology.com.



What's your favorite yoga read?

"Yoga of the Subtle Body, by Tias Little. It's a skillful weaving of Eastern and Western philosophy and tradition, as related to the physical body and yoga practice. I can pick it up any time and be inspired."

Kari Harendorf

Yoga educator and teacher trainer at the Kripalu Center for Yoga & Health



*"I travel with my copy of *Yoga Spandakarika*, by Daniel Odier. It contains the Vijnana Bhairava Tantra as 112 contemplative meditations or *dharanas*, which can be savored again and again."*

Shiva Rea

Yoga teacher and founder of Prana Flow Yoga
(Try her inspiring Master Class on Sun Salutations on page 32)

"Light on Yoga, by B.K.S. Iyengar. This is the one yoga book I refer to the most, because all of its teachings apply on and off the mat. It is a well-curated guide to the philosophy and practice of yoga and its ancient healing discipline for the body and mind."

Rosie Acosta

Yoga teacher and ambassador for Yoga Journal's Live Be Yoga tour (livebeyoga.com)

"The Breathing Book, by Donna Farhi. The astonishing amount of breath control that we have is a distinctly human attribute. In her book, Farhi explains how to harness that breath and the power behind it. It's a fantastic guide."

Brant Williams

Yoga teacher and ambassador for Yoga Journal's Live Be Yoga Tour (livebeyoga.com)

*"My off-the-mat yoga practice is at least as important as my on-the-mat practice. That's why I love *The Living Mala*, by Nancy Alder and Elizabeth Vartanian. With its heartfelt personal examples and 108 practices for bringing yoga into everyday life, I keep this book on my nightstand for anytime inspiration."*

Anna Guest-Jelley

Founder of Curvy Yoga



Meet your next teacher: **Shiva Rea**

SHIVA REA, TEACHER in Yoga Journal's new online Master Class series, calls herself a movement alchemist. Since earning her master's degree in world arts and cultures and dance from the University of California, Los Angeles, Rea has spent 25 years honoring and adapting yoga and other ancient movement practices so that her students can

experience "a connection to movement meditation in a universal way." She also developed Prana Flow Vinyasa, which has roots in Krishnamacharya's yoga system. Here, Rea shares her love of Sun Salutations, a focus of her Master Class with YJ. Read on for her inspiring story and an exclusive practice.

My love of Sun Salutations is twofold. Like most human beings, I really love sunlight. I was born in Hermosa Beach, California, where I learned to appreciate sunrises and sunsets from my mother. On a deeper level, a Sun Salutation, or Surya Namaskar, is an accessible way to practice moving meditation. Namaskar is translated as “to bow or offer respect,” which has more heart than how it’s often translated—as a “salutation.” A namaskar is an opportunity for awe and natural reverence, which is expressed by people around the world in relation to the rising and setting of the sun. This is what I’ve been delving into during my 25 years of teaching—embodying the state of namaskar and how to go deeper—not just into Surya Namaskar but also into Chandra Namaskar (Moon Salutation) as well as what came before both (and is perhaps their origin): pranams, or prostrations.

I learned Surya Namaskar A and B, which are what most people think of as Sun Salutations, when I studied Ashtanga vinyasa with founder Sri K. Pattabhi Jois and other Ashtanga teachers, including Chuck Miller, Maty Ezraty, Richard Freeman, and Tim Miller. These are set sequences of poses that Jois learned from his teacher, Krishnamacharya. To keep the orthodoxy of those sequences when I taught Ashtanga, I never varied from the set form that Jois taught. However, I also studied yoga with Krishnamacharya’s son, T.K.V. Desikachar, and in the Bihar School, so I have an appreciation for different approaches to the beginning of practice.

In my teacher trainings, we always start with classical Surya and Chandra Namaskars as movement meditations. In Prana Flow Vinyasa we have 40 different namaskars, based on the elements, chakras, rasas (essences), mandalas, and bhakti (devotion). The first namaskar my students learn now is Prana Flow Pranam, which we use as a potential way to start a practice; it is a namaskar prep, close to a traditional prostration, but a sequence I developed slowly that can be repeated for 3 to 12 rounds as a practice on its own or as a way to begin a longer practice. It is a moving prayer. With this pranam, anyone can experience bowing to the life force in everything—the sky, the heavens, or your own heart. For me, it is a way to be intimate with my own spiritual resources, a way that honors all faiths and the simple power of returning to the earth, sacred ground. When you bring your whole body to the earth, with your hands overhead, it is a way

“Just like we’ll have learned how to harness renewable energy 50 years from now, we’ll have learned to harness the power of yoga in a positive way.”

to surrender and listen to your heart or the universe. It is a very profound moving meditation that everyone can do. If you cannot go to the earth, simply bow forward, even just your head. After Prana Flow Pranam, we learn the classical namaskars, and then the evolution of namaskars within Prana Flow Vinyasa begins.

Just like the cycles of the day, moon, and seasons change, our energy changes. As the world is in a state of flux and stress runs high, we need a way to find balance at the beginning of our practice. In the mandala of Prana Flow namaskars, practitioners learn to listen and practice the elemental namaskar that is energetically right for them, based on the season and their constitution. When you understand the roots of a practice, you can make careful decisions about how to expand it. The shape of an asana creates its function, effect, and feeling, or bhava. The asana can awaken an inner experience, or a natural devotion. Forty namaskars may sound overwhelming, but it is an intelligent progression that one can enjoy for many years.

It is important to transmit the roots of a practice and then offer its evolution. Unfortunately, these days the practice of vinyasa feels like a mashup: nobody knows where anything comes from anymore. But evolving from the roots is not disrespectful, especially when you show your ideas to the teachers whose practices you are adapting. With the guidance of my teacher G. Sathya Narayan, I have been integrating the Indian martial art Kalaripayattu into a Kalari Namaskar and vinyasa practice. Not everyone can travel to India to study Kalaripayattu, but I can bring back a form that is accessible. Then if those who try it want to go deeper, they know where to go. We can always be in contact with our teachers and receive their guidance. We can consciously evolve a practice.

Fifty years from now, the Ganga [the Ganges River] will still be flowing, and pilgrims will still be offering Surya Namaskars in prayer form and in movement. But I think we’ll have a much greater understanding of the power of movement, breath, and meditation in terms of regeneration and healing. If we’re wise, we’ll be living in a green revolution, with the end of reliance on fossil fuels. Just like we’ll have learned how to harness renewable energy, we’ll have learned to harness the power of yoga in a positive way.

Yoga will never be a fad. It is part of our universal natural-healing system. Through yoga, people are making long-term positive changes and better choices for their health, relationships, and the environment. With prostrations, we can listen to our hearts and the earth through all the seasons of life and be positive agents for change.



Move into meditation

Prepare for a life-changing Sun Salutation practice with Shiva Rea's Prana Flow *pranams*.

MOST YOGA PRACTITIONERS are familiar with Sun Salutations, but few know about prostrations—their fundamental root. A prostration is a full-body practice of surrender in which you lie down on the earth in a gesture of reverential bowing, called pranam. In Prana Flow Vinyasa, you start with simple classical prostrations and then learn a variation called Prana Flow Pranams—a flowing sequence of asanas that bridge prostrations with Sun Salutations. A pranam inspires a natural letting go that anyone from the beginner to the most

practiced yogi can experience. It represents the power of renewal that's inherent in life. There is a primal remembering that happens when you rest your belly on the belly of great Mother Earth. This ritual instinctually transforms, relaxes, and awakens us.

Use the following pages to explore the Prana Flow Pranam as a movement meditation. Start with one round, then add more, working up to 60 minutes of flow. You can also use this sequence to start your day or set a reflective intention for your regular asana practice.



TADASANA WITH STANDING ANAHATASANA AND JAYA MUDRA

Mountain Pose with heart opener and victory mudra

In Tadasana, draw your hands together in front of your heart. Leave a space between your hands and chest as a place to empty your outer mind and begin to open your inner ears, listening within. Inhale, raise your hands over your head; exhale and root into the earth through your feet. For a backbending variation, draw your hands to your sacrum, fingers pointing up. Climb into your heart as you lift your sternum and ground down through your tailbone. Feel a rebound of prana (life-giving energy) rise through your legs and spine like a wave.



UTTANASANA WITH PRANA FLOW MASSAGE

Standing Forward Bend with Prana Flow Massage

Tadasana is the beginning point of a prostration, when the seed of a prayer is awakened and then eventually delivered through whole-body surrender. Now that you've sprouted that seed, start to take it to the earth: Exhale and turn your hands downward, massaging your sit bones and down the backs of your legs to your heels as you bow your spine toward the earth. This is a practical way of opening your spine and the backs of your legs, as well as a way of being loving. Relax your neck with gravity.



PLANK POSE TO CHATURANGA DANDASANA

Plank Pose to Four-Limbed Staff Pose

Inhale and stretch forward into Plank Pose, keeping your shoulders, belly, thighs, and heels in alignment like a staff. Make sure your shoulders are above your wrists. Find steadiness through the lift of your core as you lengthen your body from crown to heels. Draw into your core and give your strength to the earth. If you want to move through Chaturanga, bend your arms to 90 degrees, bringing the sides of your waist to meet your elbows. Feel your shoulders draw onto your back and your heels radiate behind you as you lower to the earth.



PRANAM

Reverential Bowing

Now surrender your whole body to the earth—forehead, heart, and belly. Quiet your outer mind and awaken your inner heart as you offer your authentic prayer in words, in feeling, or simply by breathing in your connectedness to the earth. Rest here for 1–3 breaths. As you lay down your burdens and release tension, you're able to hear a different voice, an inner love and wisdom. In this quiet experience, literally embracing the earth, we can let go of our fragmented thoughts and stirring emotions—and heed the intrinsic call to experience the sacredness reflected in the earth.



BHUJANGASANA

Cobra Pose

When you are ready, draw your hands along the earth and under your shoulders. Lengthen your tailbone toward your heels. As you inhale, lift your chest away from the earth and breathe into your open heart. You can also rise into Urdhva Mukha Svanasana (Upward-Facing Dog Pose), straightening your arms and lifting your thighs, hips, and torso off of the mat.



BHAKTI VAJRASANA

Reclining Thunderbolt Pose with devotion

Keep your inner gaze at your heart and coil back through your belly for a devotional, or bhakti, version of Vajrasana. Sit on your heels, bring your hands to the tops of your thighs, and rise through your spine to arch your back as if supported on a cloud while your heart space expands. Exhale to bow your spine with reverence over your thighs.



UTTANASANA WITH PRANA FLOW MASSAGE

Standing Forward Bend with Prana Flow Massage

On an exhalation, plant your feet, straighten your legs, and lengthen your heart toward the earth for Uttanasana. On an inhalation, lift your spine as your hands massage up the backs of your legs and you rise, with a long spine, to Tadasana.



TADASANA WITH ANAHATASANA AND JAYA MUDRA

Mountain Pose with heart opener and victory mudra

Rise to standing, with your hands at the base of your spine or together at your heart, as you root your feet into the earth and draw energy up your legs and along your spine, opening your heart to the sky for standing Anahatasana. Exhale back to Tadasana with hands overhead in jaya, or victory, mudra. Slowly bring your hands to your heart, feeling the simple yet profound effect of Prana Flow Pranam.

AMARA SANCTUARY RESORT SENTOSA

The resort is located just minutes away from Singapore's central business and shopping districts, offering guests the luxury of both time and space, put forward a decade of exceptional hospitality hosted in newly refurbished accommodations, dining options and a state-of-the-art pillarless ballroom that can host large scale meetings and events.

For sales enquiries, please call +65 6825 3821.



Winner of:



Amara Sanctuary Resort Sentosa An Amara Group Resort
1 Larkhill Road Sentosa Singapore 099394
Tel +65 6825 3888 Fax +65 6825 3878
sentosa@amarasanctuary.com amarahotels.com



meditation SPACE

While visiting family this summer in the U.S., I walked into "Inscape", New York City's new boutique meditation studio that blends an ancient practice with modern technology. The lobby space itself is warm and zen-like, and I sat there on a bean bag meditating silently for some time. I attended the 'Deep Sound 66' session later that evening, where we were made to lie down in 'The Alcove' studio with blankets and pillows, and experience a resonating sound journey into deep relaxation using gongs and crystal bowls. An experience I highly recommend! If you can't make it to NYC, you can download Inscape's app and set up a personalized guided-meditation practice based on your goals. (inscape.life).

KAVITA CHANDRAN





KC: Why do you think meditation is the #1 requirement in today's world?

VM: Today's lifestyle puts increased pressure on everyone, from children to parents to corporate professionals. It is a world that is connected 24/7, where work and personal boundaries get merged, and all of us need an effective way to deal with stress before it overwhelms us. Meditation is the perfect solution for this.

Meditation is not just for people who want to simply cope with stress, or the challenges of daily life; it's also for the professional athlete, the leading entrepreneur, the cutting edge scientist and the A list Hollywood performer. It's for people who wish to achieve better results and stretch their boundaries of excellence.

From an even larger perspective, most human conflict, violence and wars happen because we are unable to see long term perspectives or consequences. This is one of the reasons we continue to push our planet out of alignment and into disharmony. Through meditation, one creates inner peace and harmony, and this reflects in our outer actions and behaviours, thus bringing peace into the external world and alignment to the planet.

KC: What happens when one meditates?

VM: When you meditate in a systematic manner, you benefit emotionally, mentally

and also physically. Restless thoughts go away, brain activity is more focused, emotions stabilise, actions and reactions are positive and calm, and the physical body becomes deeply relaxed. The mind becomes intuitive, and this encourages natural self-healing because stress hormones are reduced and one feels an overall sense of inner peace, positivity and well-being.

Meditation is easy to learn and can be practised almost anywhere including in one's office or while commuting to any place. There are many different kinds of meditation techniques and it's not hard to find one that suits a particular situation.

KC: How often do you meditate, and why?

VM: I started meditating when I was a teenager, and for two reasons. One, my quest to know more about the power of the mind led me to read a lot about meditation. Two, because I wanted a tool that would ensure inner peace, and give me control over my own happiness.

The more I read, the more I meditated. I would try and meditate for 30 minutes a day. Slowly, I increased the intensity of my practice.

Today, meditation and mindfulness have become a mindset and a lifestyle for me. I meditate every morning and night for 5-10 minutes, and also do mini-meditations few times in between—a technique I teach all my clients and students.

I teach 'Meditation Made Simple' for beginners where they learn non-religious and simple meditation techniques. The session

Vikas Malkani is perhaps the only meditation guru in the world who teaches mindfulness with a flipchart and colorful markers. Maybe that's why he's often referred to as a 'Wisdom Coach'. His sessions are loaded with witty wisdom stories, anecdotes and laughter, enough to make any stressed mind feeling lightheaded, calm and happy (The hug at the end helps too!)

Yoga Journal Singapore editor, Kavita Chandran, who enjoyed one of his sessions, spoke to Vikas about his spiritual journey.

BY KAVITA CHANDRAN

is full of fun and valuable insights and stories about wisdom that work to transform people's lives and thought processes.

Meditation helps manage stress and unleash my inner creativity. It also helps me to keep a balanced perspective on situations around me, and not get flooded with emotions. A stable mind allows me to respond to life rather than react to events, people's moods and other external factors.

KC: Tell us about your spiritual journey? Was there a turning point that led you to understand your deeper purpose in life?

VM: My father was a self-made successful man, and I was inspired by his drive and determination while growing up. As a pre-teen in New Delhi, I learnt from him and understood the importance of having a vision, of thinking big, and being an inspiration to others. I had a comfortable life, yet an inner longing for something meaningful gnawed at my soul perpetually. I didn't quite know what it was, but I began asking deep questions, such as, 'What is the purpose of life?', 'Why are we here?', 'Who am I really?', 'If everyone seeks happiness, how come so many don't find it?'; and so much more.

I began to read voraciously about the wisdom of ancient times and the lives of enlightened teachers. I did my college in the U.S.—one of the best periods of my life—where my mind grew by leaps and bounds.

10 health benefits of meditation:

1. Regulates blood pressure.
2. Stimulates hormones and keeps you feeling fresh and active.
3. Improves behaviour and performance levels, whether at home, in the office, or while playing sports.
4. Balances the 2 hemispheres of the brain and optimises brain function.
5. Increases blood circulation to all organs and glands.
6. Eliminates temper and keeps your reactions calm and controlled.
7. Boosts the happiness quotient in your life.
8. Increases inner peace, and yet keeps you alert and efficient.
9. Improves your sleep patterns.
10. Keeps you thinking positive: A healthy mind leads to a disease-free body.

But my inner quest for wisdom remained, and I read at least two self-help books a week centered around spirituality. One such book that resonated deeply was '*Living with the Himalayan Masters*' by Swami Rama. I decided to track down this enlightened master, and when I finally met him in India a few years later, I knew I had found my guru.

Swami Rama showed me the finer secrets of meditation, and also coached me about practical aspects of life. Finding a spiritual mentor who could give me the deepest wisdom of life was a blessing indeed. He was the teacher who introduced me to the path of *Raja Yoga* (the royal path) one that rests on spiritual wisdom and meditation. He taught me how our thoughts, decisions and actions shape our destiny. It slowly dawned on me that we have the power to make our life what we want it to be, and that our best life happens when we use it to contribute to others in the best way we can. In the following years, I was fortunate enough to meet and learn from other gurus, such as Swami Hariprasad (of *Haridham*), Pappaji (of *Gunatit Jyot*) and Swami Mukundjivandas (of *Yogi Divine Society*).

I soon felt I was receiving immense knowledge and insights that unfolded mysteries of the universe, and I could clearly see what was real and what was not. In those experiences of enlightenment, everything became crystal clear to me, as though I was

literally holding the keys to inner peace, happiness and life's purpose.

KC: What made you want to spread this message to others?

VM: When my own inner awakening happened, it became clear what my purpose in life was: I decided to spend the rest of my life simplifying ancient mystical wisdom and sharing it with people everywhere. I wanted to give everyone on the planet the power to be happy and fulfilled. So, I left my corporate life, and focused on simplifying complex wisdom—I sifted wheat from the chaff and created concepts and models that could be understood by people in the modern world of technology and innovation. I started writing and teaching it to whoever was willing to listen.

That was the beginning of SoulCentre, a non-religious centre in India for personal development where people from all walks of life, all countries and all cultures are welcome to come and learn how to maximize their own potential, and thereby their own lives. I moved SoulCentre to Singapore in 2003, together with Sally Forrest, who later also became my wife. We also started teaching a program I had created called SoulKids that empowers children mindfully and empowers them to create their own happiness and readies them for a successful future. I also created corporate training programs such as '*Lead with Soul*', to introduce the corporate world to the practical and tangible benefits of working with wisdom.

KC: What does yoga mean to you?

VM: Yoga is a complete path to self-realization and self-mastery, so simplified by Patanjali through his 8-fold *Ashtanga* teachings. The physical aspects of yoga are designed to get the student ready to explore and delve into the deeper emotional and mental aspects of the human experience, and that's where meditation comes in. Most of the eight-fold process involves taming the mind. Asanas and meditation go together, like two legs on the same body.

You are never too busy to spare some "me time". If you can take out five minutes a day to meditate, you will start noticing tangible results. My advice to everyone is this, 'Don't wait, meditate!'

KC: People call you a "wisdom coach" and not a meditation teacher. How are

your teachings different?

VM: I coach people to live a life of happiness, success and authenticity using wisdom that I received and decoded during my own spiritual journey and experiences of awakening. I want people to experience mind and life mastery. I use many unique concepts and methods that I have created to experience the easiest and most efficient way to make the most of one's life. I have been called many things over the past 20 years of teaching people around the world, from Mr. Happy to The Ultimate Yoda to Wisdom Coach to Mr. Soul to Jedi Master etc. The world needs to give you a title, and the one that seems to have stuck the most is 'wisdom coach', but titles don't really matter in the end.

KC: What kind of challenges did you face along the way?

VM: I started SoulCentre with nothing but a very clear intention to make the best use of my life, and to share my learnings. That was it. I didn't have a team, or a well laid out plan, or even sufficient finances. There were many challenges along the way, but the truth is that when one is fully committed to a purpose—when one is "All In", there is never really any other option to consider. Life helps those who help themselves, and this was certainly true in my case.

Today, we have built two award-winning brands, and we attract clients and students from around the world. We have received testimonials by the thousands to prove that what we teach really works, and our training programs are taught by certified teachers around the world.

The truth is, I would do this work even if everything else changes, even if no recognition came my way. I share the wisdom that empowers people to become the authors of their own life-story. I do it to make the best use of my short life on this planet, not for the approval of the world.

You can write to **Vikas** at info@soulcentre.org
Learn more about his meditation classes at www.soulcentre.org and www.soulkids.org

Mention "**YOGA JOURNAL**" to get a 10% discount on your first session with Vikas at SoulCentre.(Valid until October 30, 2017)



LEARN MORE

A video of a student's experience
<https://m.youtube.com/watch?v=h9uyaex4-Sk>

Meditation Teacher Training at SoulCentre

Asia's Premier Centre for Meditation & Mindfulness



SoulCentre® is Asia's Premier Centre for Meditation, Mindfulness and Stress Management.

We provide world-class training and support in meditation from beginner to teacher levels.

Our proprietary programs are impactful and effective:

- **Meditation Made Simple™**
- **Masters of Meditation™**
- **Meditation In Action™**
- **Meditation Teacher Certification**

Vikas Malkani, a best-selling author and highly sought after global teacher will be your trainer and guide.

"I have attended many courses run at SoulCentre over the years, and have found them to be teachers of high integrity, professionalism and authenticity. The material that they offer is exceptional and has been profoundly helpful in my personal and professional development as a teacher and facilitator. I highly recommend their courses."

Deborah Thurley

"Vikas is a truly inspiring teacher. His wisdom is deep and his teachings are simple! Vikas teaches you to truly live a life of purpose and to bring out your potential. Learning from him has been the greatest blessing of my life!"

Vidhya Shailesh

eat
WELL

feed on these
SEEDS

CHIA SEEDS

High amount of fiber and antioxidants; good for Heart and Skin

SESAME SEEDS

Good source of protein and zinc; great for Skin

PUMPKIN SEEDS

High in omega-3 and antioxidants; maintains cholesterol levels

FLAXSEEDS

Rich in omega-3 and fiber; helps build immunity and fight illnesses

SUNFLOWER SEEDS

Vitamin E and folate; promotes healthy digestion



HYDRATE
your plate

Think chugging H₂O is the only way to stay hydrated? Think again!

STORY BY VICTORIA CLAYTON

Photography by Jennifer Olson

Jennifer Brown starts each morning by downing a 16-ounce glass of water mixed with a squeeze of lemon. Although this morning ritual is an Ayurvedic practice that promises to rev the digestion system, Brown says it's also hydration insurance—something that anyone who lives near Phoenix, as she does, shouldn't take lightly. "In the summer, our temperatures top 110° pretty often. Even at 9 p.m., they're still up around 100°," says Brown, a registered dietitian who also teaches yoga at the Wellness Center in Goodyear, Arizona.

Aside from her morning practice, Brown doesn't keep track of how much water she consumes each day. Instead, she's proactive about keeping a quick swig within reach. "I usually carry a water bottle—and I have a glass of water by my bed at night—so I'm hydrating all the time," she says. And Brown tells her clients that the "eight glasses of water a day" rule isn't really a rule at all. "There isn't much science behind that old recommendation," she says. Instead, she urges clients to think more broadly about hydration: "Water is great, but hydration is the key—and that can come from fluid-rich foods, too."

That's right, a lot of things we put in our bodies contribute to our liquid needs—even caffeinated or alcoholic beverages (though you may want to avoid them for other health or personal reasons).

In fact, most people chew a considerable amount of their fluid requirements, says Kelly Pritchett, PhD, RD, assistant professor in nutrition and exercise science at Central Washington University in Ellensburg, Washington. "It's not unusual for you to get four cups of fluid from foods with high water content, such as fruits and vegetables," she says.

So how close does that get us to our total daily needs? The Health and Medicine Division at the National Academies of Sciences recommends that most women consume about 91 ounces of fluid each day (a little more than 11 cups), while men need about 125 ounces (nearly 16 cups). But body weight, rather than gender, is actually a better guide, according to Brown. Male or female, we should consume half an ounce to an ounce of fluid per pound of body weight, with a few caveats: Pregnant and

breastfeeding women, people who work or live in warm or high-altitude environments, and athletes—including many yogis—may require more. Most people who take Hatha, flow, or especially hot-yoga classes that last an hour or longer need to drink or eat after class, regardless of where they live. "Whatever you sweat out, you should replace," Brown says.

Of course, how much to replenish is another puzzle to solve, since sweat rates can vary widely, according to a 2007 study in the Journal of the American College of Nutrition. Some people can perspire up to 100 ounces during intense exercise in a hot environment (think Bikram or hot yoga), though those people tend to be the intense, need-a-mop-for-that-yoga-mat sweaters. Most of us who take even a tough class won't sweat to the point of dehydration, which Pritchett defines as losing 2 percent of your body weight—enough to tax your heart and central nervous system. Still, even half that loss can cause side effects: One study from Central Washington University revealed that the average sweat loss for hot-yoga participants was about 1 percent of body mass, which researchers say may result in lethargy or impaired decision making. To determine what you lose during practice, weigh yourself before yoga class, don't drink anything during the class, and then weigh yourself again afterward—the difference in ounces is your rehydration goal.

And remember that it's not just water that needs to be replaced, says Brown. Electrolytes, such as sodium, calcium, potassium, and bicarbonate, also need to be restocked; they help repair body tissue and regulate nerve and muscle function, blood pressure, and hydration. "Try coconut water—it replaces fluids and is a natural source of electrolytes," suggests Brown. Or, grab a healthy meal. Fruit and veggie-rich dishes are ideal post-workout rechargers because they're hydrating and contain electrolytes, vitamins, and minerals—without the added sugar of some mass-market sports drinks. Another perk: When water is bound to food, it slows absorption and lasts longer in our bellies, making us feel satiated longer.

Seeking a little hydration inspiration?

THE EASY PEE-SY TEST

Researchers study plasma in a laboratory to determine

hydration levels, but in everyday life there's a super simple way to determine if you're adequately hydrated:

your pee. The first time you use the bathroom in the morning, your urine should be clear or pale yellow. If it's darker, that's a sign that you're not getting enough fluid throughout the day, says Kelly Pritchett, PhD,

RD, assistant professor of nutrition and exercise science at Central Washington University and spokesperson for the Academy of Nutrition and Dietetics.

Victoria Clayton is a writer in Southern California who contributes regularly to the Atlantic and other national publications.

THIRSTY? EAT THIS.

| THIS MUCH FOOD PROVIDES | THIS MUCH FLUID |
|--|-----------------|
| 1 ice cube | 1 drop |
| Cod, broiled, 4 ounces | 3 drops |
| Spaghetti, cooked, 1 cup | 3 drops |
| Lentils, cooked & drained, 1/2 cup | 3 drops |
| Cottage cheese, 1/2 cup | 3 drops |
| Applesauce, 1/2 cup | 3 drops |
| Roast chicken, 5 ounces | 4 drops |
| 1 6-oz serving of yogurt | 5 drops |
| 1 6-oz serving of vegetable soup | 6 drops |
| Scrambled eggs, 1 cup | 6 drops |
| 1 cup of fruit or vegetables | 6 drops |



1 drop = 1 ounce of fluid

Sources: Wendy J. Dahl, PhD, and the University of Wisconsin Hospitals and Clinics Authority

TROPICAL RASPBERRY POPSICLES

Recipe by Abigail Wolfe

Photography by Jennifer Olson

SERVES 6

Make these island-inspired treats with popsicle molds and sticks, or nix the sticks and use the frozen-fruit concoction as ice cubes in punch, 'ade, or iced tea.

- 6 tbsp raw honey
- 2/3 cup dried hibiscus flowers
- 2 cups fresh raspberries
- 2 cups coconut water

In a small pot, mix honey with 1 cup water and bring to a boil. Stir in hibiscus flowers; remove from heat. Cover and steep, 1 hour. In small bowl, strain hibiscus tea over raspberries, discarding the flowers. Add coconut water and refrigerate until raspberries have softened and the mixture is thoroughly chilled, at least 1 hour (up to overnight). Transfer mixture to a blender and purée

until smooth. Strain through a fine-mesh sieve. Pour mixture into molds or silicone ice-cube trays. Mixture will begin to separate, so whisk while pouring to recombine if necessary. If using popsicle molds and sticks, freeze until firm but still slushy; add popsicle sticks and freeze until solid.

NUTRITIONAL INFO 99 calories per serving, 0 g fat, 23 g carbs, 0 g fiber, 0 g protein, 7 mg sodium





Salad DAYS

Liven up your plate and your palate with these fresh, delicious, and fabulously filling concoctions from new cookbook *Around the World in 120 Salads*—a global tour of the planet's tastiest greens, grains, and proteins.

Story and recipes by Katie and Giancarlo Caldesi,
from *Around the World in 120 Salads* (Kyle Books, 2017)

Photography © Helen Cathcart



M

My husband, Giancarlo, and I love salads: the crunch of fresh vegetables, lively colorful leaves, and punchy dressings. They sharpen our minds and give us energy, yet fill us up without leaving us sluggish and tired. For years, Giancarlo, an Italian, was mainly a pasta man, but then he learned he has diabetes; he had to lose weight, give up sugar, and eat fewer carbohydrates. This meant less pasta, and no more cappuccino with sugar, cake, or cookies. Then, just weeks later, he was told

he is intolerant to gluten. Poor Giancarlo! He had to give up conventional pasta, bread, and pizza—all the things a traditional Italian man loves. On the bright side, no one told him he shouldn't eat vegetables, so he can eat salad!

Months later, we found out that our son, Giorgio, is also gluten intolerant; he had been experiencing headaches, migraines, and moments when he was so tired and weak he couldn't get up. So now we are pretty much gluten free as a family, and vegetables take

center stage. At our home in England, we grow plenty of our own, and try to buy local and organic when possible.

Salad is fresh, rich in nutrients, usually low in sugar, and often gluten free. The word "salad" comes from herbe salato, meaning "salted leaves," referring to a bowl of dressed leaves, and dates back at least to ancient Rome. Pliny the Elder, the ancient-Roman writer, wrote to a friend about a salad kept cool with snow and reprimanded him for

being too busy with dancing girls to notice this amazing phenomenon. The Italian gardener and writer Giacomo Castelvetro was horrified by the eating habits of the English in the 1600s and wrote a whole book about how they should eat more salad. He didn't want us to waste the herbs and leaves around us and wanted us to use a greater variety of them.

To Castelvetro's point, to make a great salad, you must first start with the ingredients: What's in the fridge and needs to be used? What's in season and at its prime in the market? Pick your ingredients from a shelf or a plant and assemble. That is salad.

We like to use a variety of textures to make our salads exciting, different, and generally more loved (see "Make the perfect salad," page 48). It is essential to find a balance between wet and dry as well as soft and crunchy. For instance, we might start with a couple of carrots, grate them into a pile, season them, squeeze a lemon over the top, and then take a piece of cheese and use a peeler to make transparent shavings next to the carrots. Next we'll tear a little cooked chicken into shreds, pour on olive oil, and add sea-salt flakes and freshly ground black pepper. Finally, we'll mix it all with a handful of soft leaves, slices of bell pepper, chewy grains or cooked beans, crunchy toasted seeds or nuts, and some homemade dressing.

To be sure that our book was filled with a variety of inspiring salads, Giancarlo and I traveled to Southeast Asia, Morocco, Italy, and the United States to discover new ways of eating. We worked with family cooks and chefs from various countries, including India, Nepal, Sri Lanka, Cambodia, North and South America, China, Japan, France, Kuwait, Greece, Peru, Korea, and more. As a result, all of the salads in our book, including the four you'll find in the following pages, are vibrant, fresh, and balanced, with plenty of varying textures—perfect for family and guests who love healthful yet filling and flavorful summer fare.



roasted vegetable and orzo salad with basil, pine nuts, and Parmesan

SERVES 8

This Italian recipe for cold, colorful pasta salad pairs well with grilled meat or fish, and it's hearty enough to fill you up all on its own. For variety, feel free to sub in other veggies, such as broccoli, fennel, and eggplant.

- 3 medium zucchini (1 lb), cut into ½-inch slices
- 2 red or yellow bell peppers, cut into ½-inch strips
- 2 red onions, each cut into 8 wedges
- 20 cherry tomatoes
- ½ cup extra virgin olive oil, divided
- 2 tsp dried oregano
- 6 cloves garlic, skin on, lightly crushed
Thyme (a few sprigs)
- 1/3 cup pine nuts
- 1 lb orzo
- 1/3 cup finely grated Parmesan
- 1 cup basil leaves, roughly torn,
plus extra for garnish

Heat oven to 350°. In a bowl, toss zucchini, bell peppers, onions, and tomatoes with 4 tbsp olive oil, oregano, and plenty of salt and freshly ground black pepper; transfer to a roasting pan and add garlic and thyme. Cook until vegetables are softened and just starting to brown, 25–30 minutes. (You can also use a grill pan or BBQ to add a lightly charred flavor.)

Roast pine nuts on a baking sheet until lightly golden, 3–5 minutes; remove from sheet and let cool. Cook orzo as directed on package; strain and toss with remaining 4 tbsp olive oil in a large serving bowl.

Discard garlic and thyme from zucchini mixture; toss mixture with pasta while still warm. Let cool to room temperature, or finish and serve while warm. Add Parmesan, torn basil, salt, and freshly ground black pepper to taste. Serve garnished with basil leaves.

NUTRITIONAL INFO 423 calories per serving, 20 g fat (3 g saturated), 52 g carbs, 2 g fiber, 11 g protein, 72 mg sodium

BE GOOD TO YOUR GREENS

ONCE YOU FIND a variety of leaves you like, handle them with care. Leaves should be stored, and served, dry. We use our salad spinner most days; you can also loosely wrap

leaves in a towel, clutching the ends at arm's distance—spin it around outdoors and watch the drips fly.

To prevent your herbs from turning into mush, first wash them immediately after purchasing by plunging them into a bowl full of ice-cold water. Then, for most herbs, trim the stems (repeat every two days), and refrigerate leaves

in a vase or cut plastic bottle filled with cold water and covered loosely with a plastic or paper bag for insulation. Here, a few tips for caring for commonly used herbs:

Kale: Will soften when massaged for 5 minutes

Cilantro: Does best in the fridge

Mint (plant): Is happiest on a sunny windowsill

Parsley: Can be stored at room temperature

Rosemary and thyme: Fare best when kept cool



tuna Niçoise salad

SERVES 4

This classic French salad is a go-to at our house. We prefer canned, sustainably caught tuna in water, or fillets of tuna in olive oil, instead of fresh tuna, which is milder in flavor.

- 2 tbsps red wine vinegar
- 1/2 cup extra virgin olive oil, plus more as needed
- 1 tsp mild honey, plus more as needed
- 2 tsp Dijon mustard
- 1 medium garlic clove, finely chopped
- 8 small (1 lb) new potatoes
- 1 1/2 cups (8 oz) green beans
- 4 eggs

- 3 scallions or 1/3 cup red onion, finely diced
- 1 can (5 oz) sustainably caught tuna in water or oil, drained and flaked
- 1 large celery stalk, finely chopped
- 1/4 cup sun-dried tomatoes in oil, chopped
- 12 kalamata olives, pitted and halved
- 1 tbsps capers, drained and rinsed
- 1 can (2 oz) anchovy fillets in oil, drained

In a lidded jar, add vinegar, olive oil, honey, mustard, garlic, salt, and freshly ground black pepper; seal and shake to combine. Add more oil and honey to taste, if desired. Refrigerate for 30 minutes.

In a large pot, boil whole potatoes, skins on, in salted water until tender, 15–17 minutes. Drain; let cool. In a medium pot, boil green

beans in salted water until tender, 15–20 minutes. Drain and let cool. In a medium pot of boiling water, cook eggs until hard, 8 minutes; crack shells and place eggs in a bowl under cold running water. Peel, cut in half.

Halve potatoes and place in a serving bowl. Soak scallions in cold water, 10 minutes; drain, and add to bowl. Halve green beans; add beans and all remaining ingredients except eggs to bowl. Shake vinaigrette jar; add 8 tbsps to bowl (refrigerate remainder for up to a week); toss salad and top with eggs.

NUTRITIONAL INFO 488 calories per serving, 33 g fat (6 g saturated), 25 g carbs, 3 g fiber, 20 g protein, 880 mg sodium



charred-corn and avocado salad with chile-lime dressing

SERVES 6

Inspired by a Mexican salsa, this salad goes great with anything grilled. Lightly blackening the corn transforms bland kernels into caramelized nuggets reminiscent of homemade popcorn, imparting a sweet, nutty flavor. Tip: Before squeezing the limes, put them in the microwave for 15–20 seconds for easier juicing.

- 4 cobs corn, husks and silk removed
- 5 scallions or 1/3 cup red onion, finely diced
- 1 can (14 oz) black beans, drained and rinsed
- 1/2 pint cherry tomatoes, halved
- 1 red or yellow bell pepper, cut into 1/2-inch dice
- 1 avocado, sliced
- 1 small bunch cilantro, roughly chopped
- 1/3 cup fresh lime juice, from 3 to 4 limes
- 1/3 cup extra virgin olive oil

- 1 garlic clove, roughly chopped (optional)
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin
- 1/4 jalapeño or other chile, seeded and finely chopped
- 1/2 tsp salt

Heat broiler to medium-hot. Broil corn on the rack, turning frequently so the kernels don't blacken to blistering, 12–15 minutes. Their color should be a rich brown with a few black tinges. Let cool. Soak scallions in a bowl of cold water to reduce their strength, 10 minutes; drain. Cut kernels off cobs, breaking up any that are stuck together. Transfer corn to a serving bowl and add scallions, beans, tomatoes, bell pepper, avocado, and cilantro.

Combine remaining ingredients in a bowl; season with freshly ground black pepper. Taste and adjust the seasoning as necessary. Dress, toss, and serve.

NUTRITIONAL INFO 295 calories per serving, 19 g fat (3 g saturated), 31 g carbs, 5 g fiber, 7 g protein, 323 mg sodium

MAKE THE PERFECT SALAD

Through teaching at their cooking school, La Cucina Caldesi, in London, the Caldesis have developed a simple set of questions for students to ask themselves when crafting a salad. Use these guidelines often, and they'll soon become instinctive as they help you to create unique, beautiful dishes.

- ✓ Do I have varying textures? Do I have something soft, chewy, crunchy, wet, and dry?
- ✓ Would color help? Do I need berries, grated carrot, tomatoes, or edible flowers from the garden?
- ✓ For more zing, what about herbs such as mint, parsley, and cilantro?
- ✓ Should I add something creamy like a dip, Greek yogurt, or sour cream?
- ✓ Do I have a balance of sweet and sour? Is my dressing too sweet or too acidic? Taste it and see. Lemon will negate too much salt or sugar, while sugar alternatives like maple syrup will calm acidic flavors.
- ✓ Do I need a little mustard, garlic, or chile to give the salad some heat on a cold day, or to fire up bland beans?
- ✓ If the salad is intended for a main meal, does it include protein, carbohydrates, and fat?
- ✓ Finally, how does it look? All salads look and taste better finished with a twist of ground black pepper.



raspberry and red currant salad with whipped ricotta, lemon curd, and ginger crumbs

SERVES 6

This easy-prep dessert is a marriage of Italian (ricotta) and English (lemon curd)—a little like Giancarlo and me. It's ideal in summer when raspberries and red currants are in high season and bursting with sweetness. You can either make your own ginger cookies or buy your favorite brand to crumble over the top.

- 2/3 cup whipping cream
- 1 cup ricotta, drained
- 1/2 cup lemon curd
- 1/3 cup raspberries
- 2 oz red currants or other small red berries (loganberries, blueberries, or cranberries)
- 3 ginger cookies

In a bowl, combine whipping cream and ricotta, and use an electric mixer to whip it into soft peaks. Spoon onto a serving platter and swirl in lemon curd. Scatter berries and crumbled ginger cookies on

top. This dessert will sit happily in the fridge for a couple of hours if you want to prepare it in advance.

NUTRITIONAL INFO 318 calories per serving, 20 g fat (12 g saturated), 30 g carbs, 1 g fiber, 7 g protein, 76 mg sodium



If you haven't already experienced the soothing powers of yoga firsthand, there's ample evidence to support adding the practice to your pain-fighting arsenal. Here are eight types of pain and how they might benefit from enlisting your yoga mat or meditation cushion, all backed by science.

Yoga

NECK PAIN

Meditation may be the answer to easing recurring or chronic neck pain, a 2015 study in *The Journal of Pain* suggests. Researchers found that a majority of study participants who experienced chronic neck pain reported a significant reduction in pain and pain-related complaints after eight weeks of *jyoti* meditation practice, a traditional Indian meditation technique involving the repetition of mantras and focus on the third eye.

"Chronic pain is frequently associated with distress, and neck pain specifically is related to high levels of stress," says Andreas Michalsen, M.D., one of the study researchers and a professor at Charité University Berlin. He hypothesizes that any of a variety of meditation forms shown to relieve stress, including mindfulness meditation, could offer similar benefits for pain relief by modulating neurobiological pain signals and pathways in the brain. In other words, meditation essentially eliminates the suffering related to pain.



a h h

BACK PAIN

One more reason to petition your boss for yoga classes at the office? Practicing in the workplace was shown to reduce employee stress and ease back pain in a study published in the journal *Occupational Medicine*.

Study participants, who were employees of the British government, were asked to practice yoga for 50 minutes once a week for eight weeks. They were also allowed to practice up to twice a week for 20 minutes at home with a DVD. When compared with a group that did no yoga at all, the yoga practitioners reported lower levels of stress and sadness as well as less back pain. Though the study was small, it adds to a growing body of research that confirms yoga's many pain-reducing benefits.

CHRONIC PAIN

Combining the mindful practice of yoga and meditation with traditional medical treatment can help chronic pain sufferers find more relief than medicine alone, according to research conducted by Patrick Randolph, Ph.D., at Texas Tech University. His study followed 78 patients with chronic pain, which unlike acute pain, is often not associated with a particular injury and can come and go over months or even years with no pattern. In addition to whatever medical treatment they were undergoing before, during, and after the study, the participants attended several cycles of two-hour classes that used gentle poses with an emphasis on mindfulness. They were also required to meditate for a minimum of 45 minutes per day, six days per week, with the aid of an audiocassette tape. Afterward, 79 percent said their condition somewhat or greatly improved.

"Most people who experience chronic pain also experience depression or anxiety," says Randolph, former director of psychological services at the International Pain Institute at Texas Tech University's Health and Science Center. "So when we treat chronic pain, we need to treat both the body and the mind at the same time."

MULTIPLE SCLEROSIS

In welcome news, yoga can help improve mobility and quality of life for people living with the debilitating disease of multiple sclerosis, research at Rutgers University found. In the study, women with MS learned about yoga philosophy and practiced deep-breathing exercises and restorative poses for 90 minutes twice a week. After eight weeks, they were better able to walk for short distances and longer periods of time, had better fine-motor coordination, and showed improvements in balance while reaching backward. They also reported less pain and fatigue than when they started the trial, according to the researchers.

MIGRAINE

A study out of the University of Rajasthan, published in the journal *Headache*, showed that yoga can help reduce the intensity and frequency of migraines. In the study, migraine sufferers practiced a sequence of yoga poses, breathing exercises, relaxation, meditation, and mantras for three months. The result? Participants' migraine problems improved, as did their heart rate. "Scientists have been considering serotonin, a brain chemical, to be a crucial factor for headaches. They think low serotonin levels might cause blood vessels to dilate and cause migraines. And yoga is known to improve levels of serotonin," said researcher Neha Sharma.



CANCER

If you or a loved one has been diagnosed with cancer, this news is for you. Participating in a yoga program helped cancer survivors feel better physically, emotionally, and spiritually, according to preliminary findings from researcher and yoga therapist Cheryl Fenner Brown. Her study also showed a correlation between practicing the “contemplative” aspects of yoga—intention setting, mudra, pranayama, and final relaxation—and a greater increase in emotional and spiritual well-being.

“Participation in the Healing Yoga for Cancer Survivorship (HYCS) protocol showed an 8.8 percent decrease in physical symptom severity (i.e., fatigue, sleep disturbance, pain, and interference of side effects), a 6.6 percent increase in functional well-being (i.e., ability to work, concentration, ability to sleep, and acceptance of illness), a 10.3 percent decrease in emotional symptom severity (i.e., sadness, nervousness, worry about recurrence, and hopelessness), and

a 13.9 percent increase in spiritual well-being (i.e., peacefulness, life purpose, harmony, self-reliance, and gratitude),” says Fenner Brown, who developed the HYCS protocol. Study participants included 19 cancer survivors (both men and women) with an average age of 56 years and an average time since completing radiation and chemotherapy treatment of just over three years. Their diagnoses included breast cancer; lymphoma; leukemia; melanoma; and neuroendocrine, endometrial, ovarian, brain, rectal, and kidney cancers.

RHEUMATOID ARTHRITIS

Promising findings out of the University of California, Los Angeles (UCLA) suggest that Iyengar yoga may be effective at offering relief for patients with rheumatoid arthritis (RA), an autoimmune disease that causes fatigue, stiffness, and joint pain and can lead to joint and bone deterioration if left untreated. In the study, Iyengar yoga classes were offered to 11 women

with RA for 6 weeks, while a control group of 15 women continued with their regular lives for the duration of the study. The results, says UCLA pain researcher Kirsten Lung, showed that the yoga practitioners had improved in several areas—including general health and vitality—while the control group stayed the same.

However, the yoga practitioners did not report a difference in their pain levels—only their ability to cope with the pain. But it was also determined that six weeks was probably not long enough to make a firm determination about whether yoga might be able to help pain. And, as most pain doctors will tell us, the ability to cope better with pain means less stress. Less stress means less muscle tension and cortisol in the body, which often naturally leads to less actual pain.

CARPAL TUNNEL

Although yoga teachers have been using yoga to successfully treat carpal tunnel syndrome for years, the first scientific evidence of its effectiveness came in a 1998 article in the *Journal of the American Medical Association*. In a randomized trial of 42 patients conducted at the Medical College of Pennsylvania, half of the patients took part in an eight-week program of Iyengar Yoga while the control group received wrist splints. Marian Garfinkel, the study’s lead author and a senior teacher of the Iyengar method of yoga, taught the subjects in the yoga group 11 yoga postures designed to strengthen and stretch each joint in the upper body, along with Savasana. After the intervention, the people who had done yoga had less pain and a significant improvement in grip strength compared with the controls. While the group studied was small, and a longer-range study might be more revealing, the results were encouraging.



practice safe

Yoga mats are not injury-free zones. Here, four respected yogis weigh in on why we get hurt, how to avoid it, and the valuable lessons of pain.

HAVE YOU EVER BEEN INJURED DOING YOGA?

We asked this question on Yoga Journal's Facebook page, and your response was immediate—within six hours more than 400 readers responded, many with stories of injury and healing. Your experiences offer clues about how and why injuries happen in asana practice, and it's often when we're pushing too hard or not listening to the messages our bodies are giving us. "I have learned so much from my friends Injury and Ego," posted Rian Harris, "but even more from my friends Integrity, Intention, Patience, and Awareness. All have helped me along my journey."

We asked a panel of experts—teachers and practitioners from different traditions, each with years of study and practice—to speak frankly on the question of yoga injuries and share their best advice for practicing safely. The resulting conversation sheds light on what you can learn from injuries and offers lessons about approaching your asana practice with an awareness and intention that might help you to avoid them.

• **BAXTER BELL** Thank you all for joining me to talk about this subject of injury in yoga asana practice. I'd like to begin by asking: In your opinion, is getting injured in yoga something that yoga practitioners should be concerned about?

• **GARY KRAFTSOW** In my early days, most of my students were injured yoga people. So it's clearly an issue that happens, but I think the problem is not with yoga but with the inappropriate application of yoga both by the teachers and by the students. I think it's important that we think about the purpose of yoga practice at the level of asana, [that we] reframe it from mastering postures to helping bodies, and that the students learn that the postures are tools to help serve their bodies. If people are educated, then there's nothing wrong with any postures. People should have a healthy caution when they're doing any activity because with many activities, especially if you do them mechanically, there's a potential for injury.

• **PATRICIA WALDEN** I begin all my classes with saying something similar to what you just expressed: "We're using our body, our body is our first instrument, and we have to treat it with reverence and remember why we are doing asana."

• **ANA FOREST** Something that needs to be brought up is that people have injury in their life, and they come in with all kinds of tweakiness and weakness. They come in hurt. They come in crippled by living in furniture for years. Thank you, Gary, for what you said about making serving the body a priority over

accomplishing the pose.

• **BB** Thinking back on my evolution as a yoga practitioner and when I first started out, there were times that I believe I injured myself in class. Have you had a similar experience, and if so, what was the result? How did it shape your practice and eventually your teaching to have had a yoga-related injury arise in your own practice?

• **GK** I've had injuries that happened in the context of my own personal practice. And what I say to the teachers that I train when they have an injury is "Congratulations—because now you'll understand what many people go through all the time." In my early years of practice, I used to have discomfort or problems in my neck and shoulders from excess Headstand practice or improper sequencing. Or if I was in a rush and I didn't do adequate preparation, I might have created a sacrum problem because I went too far without appropriately warming up. The injuries I have had in my personal asana practice have helped me understand what not to do and how to heal from these conditions, and so actually they've been opportunities to help me become a better yoga therapist.

• **PW** I've only injured myself once in my personal practice. It was when I was in India with my teacher, and I decided I was going

fely

to do Eka Pada Sirsasana and take my leg around my head, which I did. But I was more on the outside, watching him watching me, than with what I was feeling. So I got a little bit too enthusiastic, and as I took my leg further and further behind my head, I felt one of my vertebrae pop. That was a big lesson to me not to be a show-off. I wasn't paying attention to what I was doing; I was trying to impress my teacher. But I'm very fortunate. I've been practicing for 40 years, and that's the only injury that I've caused myself.

• **AF** When I first came into yoga, I moved in a way that was very injuring, so I was tweaking and tearing things all over the place. I was still drinking and doing drugs, so awareness was not exactly a pose I was practicing. It took me a long time to recognize that just the way that I lived my life was injuring me. And so learning how to move smoothly and with the intelligence of breath and to feel my way into poses absolutely taught me how to teach that for other people who are so caught in their intellect that they have no feeling for what they are doing. Every injury is a tremendous learning opportunity because in order to heal, we have to evolve.



expert panel

Baxter Bell, MD (the moderator) is a physician, medical acupuncturist, and yoga educator who has been working with yoga as a healing tool for his students and patients for more than a decade. He teaches internationally and is the director of Piedmont Yoga Studio's Deep Yoga Program.

Ana Forrest has taught yoga for almost four decades and is the founder of Forrest Yoga, an approach whose hallmark is using yoga to address physical and emotional healing. She is an ordained practitioner of Native American medicine and has studied acupressure, homeopathy, hands-on healing, martial arts, psychotherapy, and regression therapy. She teaches internationally and is the author of *Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit*.

Gary Kraftsow is a yoga therapist and the founder and director of the American Vinyoga Institute. He began his study of yoga with T.K.V. Desikachar in 1974 and now teaches classes and trains teachers in the Vinyoga approach to yoga and yoga therapy. He designed the protocol for the National Institutes of Health study on low-back pain and is the author of *Yoga for Wellness* and *Yoga for Transformation*.

Patricia Walden is a senior advanced Iyengar Yoga teacher and studied with B.K.S. Iyengar for 40 years. She co-founded the B.K.S. Iyengar Yoga Studio in Somerville, Massachusetts, and directed the studio for 17 years before opening the B.K.S. Iyengar Yogamala in nearby Cambridge in 2002. Patricia teaches workshops and teacher trainings around the world and is the co-author of *The Women's Book of Yoga and Health*.

• **BB** I think there's a need to really be aware, not only of yourself and your inner environment but of the outer environment and how that's going to impact what you're trying to accomplish in your yoga practice. On my first day of teacher training, I got injured because of inattention. We were doing Handstands, and one of my fellow students came out of Handstand as I kind of cavalierly walked by. His foot hit my hand, and I fractured a finger, which was quite a wake-up call for the first day of teacher training. So for the next 18 months, I paid attention pretty closely to what was going on around me.

• **GK** There are the kinds of injuries, like your finger injury, that happen immediately, and then there are the kinds of injuries that happen progressively over time through dysfunctional movement patterns in practice, which may not manifest until years later. So it's very important

"Sequencing is one of the jewels of having an injury-free practice."

to educate people about neuromuscular movement patterns and how, if they're not conscious of them, their asana practice may reinforce dysfunctional patterns that, in time, cause stress to the tissue and create damage that they may not even be aware of for years.

If you become conscious of your movement patterns, you can repattern, create what's called new neural muscular pathways, but that requires paying attention to the movement. The vehicle that we use to do this in the way I was trained is through conscious breathing. Linking breath and movement and being consciously aware of your breathing will enable you to identify and transform your movement patterns. That's not the only way. That's the way we do it in Vinyoga.

• **PW** The breath is key. It's hard not to relax if you're focused on your breath.

• **BB** A lot of the recent controversy about yoga injuries centers around inversions—particularly Shoulderstand and Headstand. We've long been taught that these are "royal" poses that confer great benefits like improving circulation, lowering blood pressure, and more. But are they safe to practice? What do people need to

consider before practicing them?

• **PW** I'm a very conservative teacher of Headstand and Shoulderstand. My students don't begin doing Shoulderstand for probably a year and a half or two years, and maybe three years for Headstand. One of the reasons that I take so much time before introducing those poses is that I watch my students walk into a class, and I see their posture. If you're not standing correctly, there's no way you're going to be able to do a Headstand that is safe. There are some students who should never do Headstand.

• **GK** In the tradition in which I was trained, inversions, especially Headstand, are considered to be the king of all the asanas, and some people like to say that Shoulderstand is the queen. They're both foundational postures, but they are not for everybody, and they have a lot of implicit risk. So I would say neither that everybody should practice inversions nor that nobody should practice inversions. It is partially the role of the teacher to assess the student's readiness to engage in that kind of practice and also to provide adequate short-term and long-term preparation over time to build the integrity and the structure to be able

to support the body in an inverted position.

Really, you need to be initiated into the postures—including having your body assessed to see if you're really in the position to be able to do it—develop the strength and alignment and integrity necessary to do it, and then with every practice have the appropriate sequence to prepare and then compensate afterward. You're not supposed to get out of bed and do a Headstand. You need to understand how to sequence to progressively prepare the body to achieve inversion safely, and at the same time, you also need to understand that no matter how well-prepared you are, there will be some residual stress in the body from being upside down. So the teacher should also educate the student in the appropriate postures to do afterward to unravel the stress created by the inverted posture.

If your teacher helps you understand whether your body is in a position to do [an inversion] well, with adequate preparation, and provided that you are able to do it well, then you should be able to do it safely.

• **AF** I teach a lot of inversions, but I very seldom teach Headstand because I don't like

what it does to the neck. I teach starting with the beginning version of Downward Dog or Dolphin, and then Downward Dog and Dolphin on the wall, and Handstand and forearm balance on the wall, with the neck relaxed. There are a lot of exciting poses that don't do the compression of the vertebrae on the neck. When I was teaching Headstand on a more regular basis, I would usually wait two or three years to make sure people knew how to use their chest and their upper back and knew how to keep the length in the neck.

I don't teach it because I just don't like the results of it, and I don't care if people are anxious that it was like the king or the queen of yoga. I'm changing it because people's necks are a mess.

• **PW** I have students who have been with me for 35 years or more, and we're growing older together. Most of them, they're now in their 50s and 60s and some in their 70s, and I would say 80 percent of them cannot do Headstand. You know, we used to do Headstands for 20 minutes or 15 minutes, including variations. Now we're all feeling that we cannot do this anymore. If we want to do Headstand with variations, we do Headstand, come down, do some other poses, and then go back up on our head to do Headstand variations.

• **AF** One of the points that Gary brought up, and that I think is crucial in the education of a teacher, is learning how to sequence. I think sequencing is one of the jewels of having an injury-free practice. If you're hurting through class and after class, there's a good chance the sequencing was incorrect, at least for your challenges. Being properly warmed up is a crucial point. It isn't just about being sweaty but about being warmed up for the pose you're going toward.

• **PW** It's about intelligizing the areas that need to be intelligized to receive Headstand, like the upper back; like the arm, the armpits; relaxing the neck; focusing on the breath.

• **BB** You have to have a way to prepare for it, and you have to have a way to really counterpose and release the tensions that inherently come up in all of those challenging postures. It is clear that we have all been shaped by our own experiences with injury. How is an injury, particularly if it's an injury that has happened as a result of asana practice, an opportunity to learn more about your body and your practice?

• **GK** Any time you have an injury and you, through your own action, improve your own condition, it's totally self-empowering. It shows you that you have the power to effect change



in your life in a desired direction.

• **AF** Every time I have to help a student problem solve what to do about an injury, I get more information to help the next one because I teach the student how to give me accurate feedback instead of, like, "I'm fine" or "It hurts." There's so much to be learned by both of us, including being extraordinary listeners and being willing to experiment. You have to experiment when you're stepping outside of what you know. And in order to heal something, you have to go outside of what you've already done.

• **PW** I have a therapeutics class; when someone comes to the class, and they have an injury, and they're in pain, and they come week after week, their experience of healing their injury turns out to be so much more than physical. They learn so much about every aspect of themselves, and they have to call on their faith. They have to look deeply into themselves. There's so many things involved in healing. It's not just the physical body.

• **AF** I think it's important for people to understand, especially since we're talking here about injuries happening in yoga, that they can use yoga to address their problems, whether it's high blood pressure or knee injury or arthritis. This is a practice of healing and self-empowerment and self-education, and it's also fun and challenging and makes you feel good from the inside in all sorts of great ways.

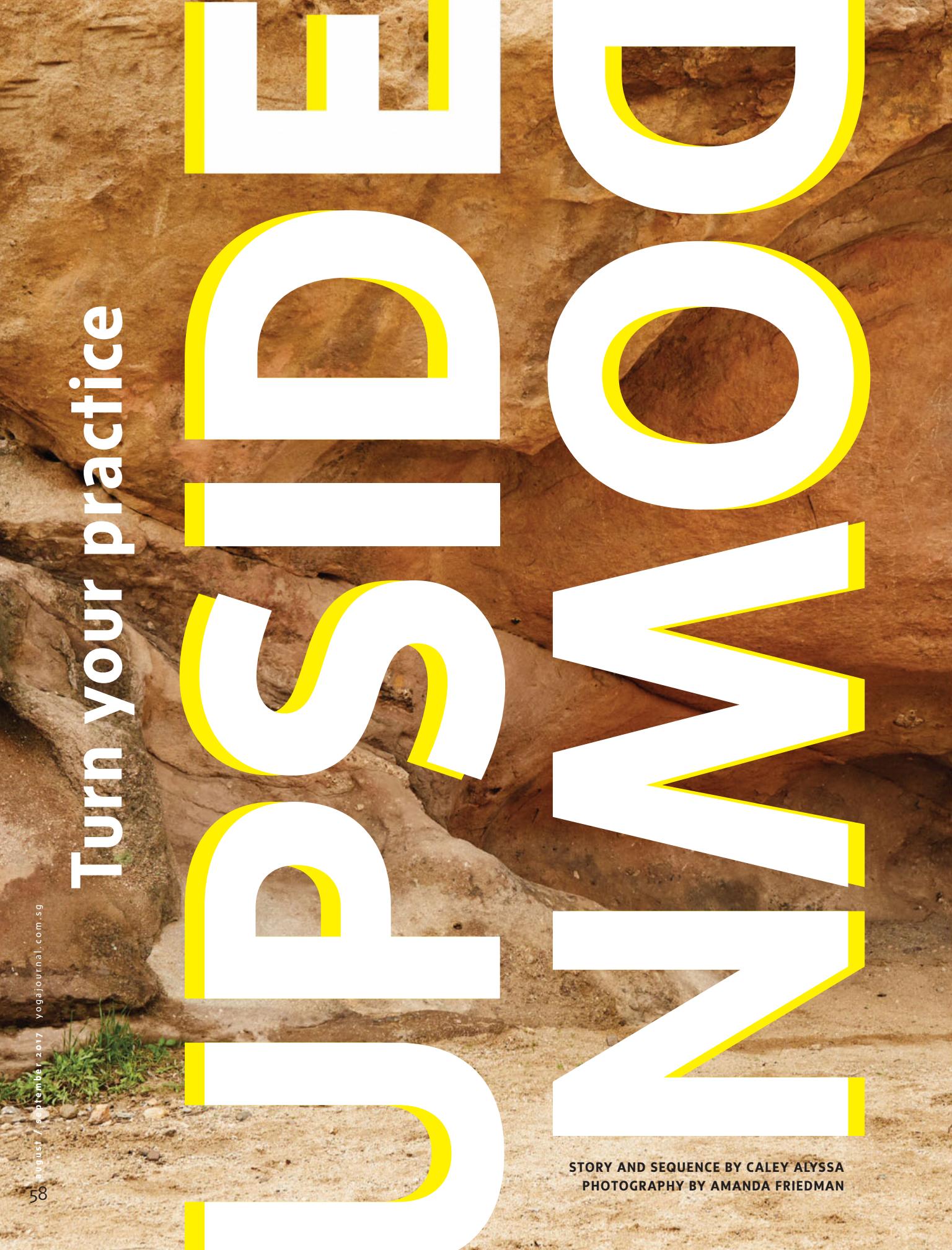
• **BB** The benefits of a sound, safe yoga practice so dramatically outweigh the risks; we have to keep that in mind. As we wrap up, I want to ask each of you: What is your best advice to yoga practitioners about practicing safely?

• **AF** Bring your intelligence through feeling into every class and ride a deep and steady breath into your poses. If you are unsure or afraid of a pose, ask your teacher for help. Be curious about what hurts and what works to ease whatever area is irritated or injured.

• **GK** Before you ever practice an asana, be mindful of the intention of the practice and remember that the practice is to serve the practitioner. The study of asana is not about mastering posture. It's about using posture to understand and transform yourself. The way I was taught, the purpose of practice is to create functional benefit in your body. Postures are simply tools that are designed to help individuals understand their body and transform it. If you come to class with that attitude—that this is not about the posture, this is about me, and I'm using these postures

to improve how I feel and how I function—then you can move with intelligence and not force. And then look for a teacher who's not looking at you like just another body in the room whom they're trying to teach postures to, but someone who can look at you and see what's going on in your body, help you understand better what your needs are, and help you see how you can use your own practice to improve your condition.

• **PW** I was also going to mention the importance of intention for each practice—that when you're practicing you're absolutely paying attention, that you use your breath as a guide, and that you learn to understand the different sensations in your body so that you can understand the difference between discomfort and pain. Pay attention to your breath. If it's not smooth, it's often an indication that you're practicing with aggression. And, put your ego in your back pocket.



Turn your practice

STORY AND SEQUENCE BY CALEY ALYSSA
PHOTOGRAPHY BY AMANDA FRIEDMAN



How to do it, why you should, and the secrets to making inversions less scary, more stable, and a ton of fun

I LOVE INVERSIONS.

Considering most of our lives are spent with our heads held high, legs below, reversing this arrangement feels like a refreshing change of pace. Plus, it's got lots of benefits. For starters, inversions build upper-body strength, balance, and confidence, and they prompt you to see the world from a new perspective (literally!). Moving into postures where your head is lower than your heart also helps to prevent lymphatic fluid from pooling in your legs (a result of our upright lives), while increasing circulation to your brain—a combo that instantly boosts energy. Then, there's the fact that inversions can be just plain fun. They give us an opportunity to get a little playful with our

practice and not take ourselves so seriously.

Of course, I understand that not everyone loves going upside down. Some inversions can be frightening, especially at first. It takes a lot of strength—and trust in that strength—to stand on your own two hands or forearms. But with the right instruction, there's a good chance you'll find yourself looking forward to going upside down and feeling more self-assured once you get there.

Practice the five inversions on the following pages in the order that they appear, holding each as long as you can before your form begins to suffer. (If you have a neck injury, epilepsy, eye problems, a heart condition, or high blood pressure, talk to your doc beforehand.) I hope these inspire a new outlook on your practice—and your life.

ADHO MUKHA SVANASANA

Downward-Facing Dog Pose

This is one of yoga's feel-good poses: It's an all-over stretch that opens the back of your legs, lengthens your spine, and can even relieve lower-back pain. Down Dog can be challenging to hold for long stretches of time at first. But when you practice it regularly, it will quickly begin to feel like a resting pose, even as it helps you build the arm and shoulder strength you need to move on to more challenging inversions.

HOW TO From Tadasana (Mountain Pose), fold forward, bending your knees if your hamstrings feel tight. Then, step back into Plank Pose and look down at your hands, making sure they're shoulder-width apart with your fingers turned slightly outward, which will help externally rotate your shoulders and engage your triceps. From here, begin to lift your hips, pulling them up and back into Downward-Facing Dog Pose.



YOGA

DOLPHIN POSE

This is a wonderful shoulder opener that helps you get used to the feeling of bearing weight in your forearms. Because of this, it's a great precursor to Pincha Mayurasana (Forearm Balance) and Salamba Sirsasana (Supported Headstand). But before you move on to try either of those poses, make sure you're able to hold Dolphin Pose for at least 1 minute.

HOW TO From Downward-Facing Dog, lower onto your forearms and step back into Forearm Plank. This is an important step because it stacks your shoulders directly over your elbows, which is key in Dolphin Pose. From Forearm Plank, walk your feet toward your hands, working toward stacking your hips and torso over your shoulders (shown). As you do this, be sure your elbows stay at shoulder width (no wider), and keep your forearms parallel to one another. Finally, press your hips back and engage your legs as you try to redistribute weight from your upper body to your lower body.



THREE

PINCHA MAYURASANA

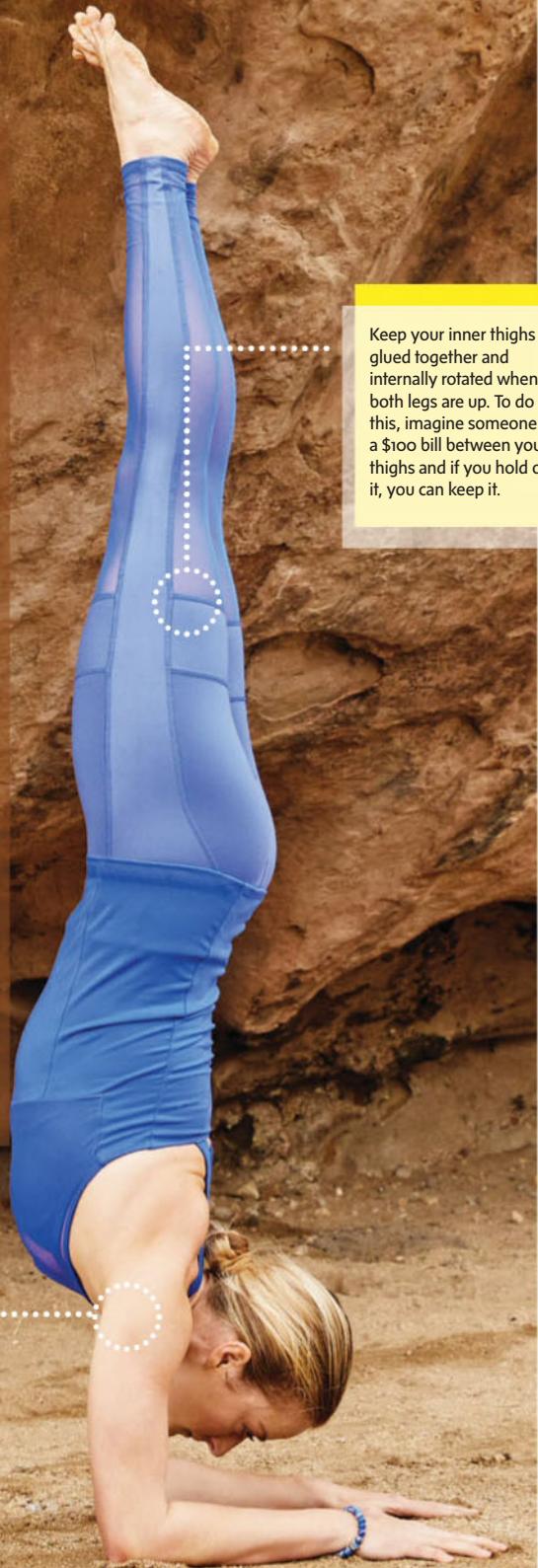
Forearm Balance

Not only is this a great pose for building upper-body strength, but it also gives you a taste of what it feels like to stack your shoulders above your elbows, your hips over your shoulders, and your feet over your hips. Once you understand this stacking of the joints, you'll find it easier to straighten your arms and come into Handstand.

HOW TO From Dolphin Pose, lift one leg up, return to the starting position, and then lift up the other leg. As you do this, keep both of your inner thighs moving toward the space behind you (internally rotated). The next time you have one leg up, shift your gaze forward and look at a point between your hands. Then, lift high onto the ball of your standing-leg foot and hop just an inch or so off the ground. Next, hop the same foot a little higher off the mat, maybe all the way up so that leg is stacked over the hip. Bring your other leg up to meet it for the full expression of Pincha Mayurasana. Keep in mind, you shouldn't use momentum to launch yourself up into this inversion. The goal is to float one leg up, and then the other, and when you're ready to come down, to land lightly and with control. If you can move slowly and land your foot with control during your initial one-legged hops, it's a sign you're ready to come up into the full inversion.

Keep your inner thighs glued together and internally rotated when both legs are up. To do this, imagine someone put a \$100 bill between your thighs and if you hold onto it, you can keep it.

Don't let your shoulders move in front of your elbows—a common mistake practitioners make as they hop one leg up. Move slowly to keep your shoulders stacked above your elbows as you bring your legs into the air.





ADHO MUKHA VRKSASANA

Handstand

While this is often the most fear-inducing inversion for practitioners, it's actually an advanced inversion with a low chance of injury. After all, it doesn't place as much stress on your shoulders as Pincha Mayurasana, and it's one of the easiest inversions to fall out of and catch yourself without causing serious damage to your head, neck, or shoulders.

HOW TO Start in Downward-Facing Dog and walk your feet about a foot closer to your hands, bending your knees as much as needed if your hamstrings are tight. Stack your joints here, making sure your shoulders are above your wrists and your hips are above your shoulders. Gaze at a point between your hands and lift one leg straight up. Lower your leg, return to the starting position, then lift the other leg skyward. Bend your standing leg at the knee and hop your foot an inch off the floor, then 12 inches, continuously hopping higher with control (read: not using momentum!) until that leg is stacked over your hips. When you're ready, bring your standing leg up to meet your floating leg.

Try not to arch your back, which can be especially tempting if your feet are resting against a wall for support. To avoid this, imagine someone is about to punch you in the stomach, which will engage your core, tightening inward and up and lengthening your low back—taking you out of that banana shape.

Push your hands firmly into the ground to feel even more lift in your feet. Handstand is all about rooting down through your hands to rise up and balance.

FIVE

SALAMBA SIRSASANA

Supported Headstand

This is one of the most challenging inversions from a technique perspective because it's so important to keep pressure on your head and neck to a minimum. However, once you're able to do this pose properly, it's an incredibly cooling posture—and one of the only inversions in which you can close your eyes and stay upside down for 5, 10, 15 minutes or longer without fatiguing.

HOW TO Come into Tabletop, with your hands under your shoulders and your knees under your hips. Drop to your forearms, making sure your elbows are directly under your shoulders. Clasp your hands, interlacing your fingers loosely and leaving a little bit of space between your palms. Place the crown of your head on the floor in the small space you've created with your hands, with your fingers at the back of your skull. Move your shoulders as far away from your head as possible, creating length in your neck. Tuck your toes under and straighten your legs, lifting your hips so they're stacked over your shoulders. Drive your weight firmly into the ground through your forearms and outer edges of your hands, then lift one leg up, being careful not to let it swing behind you. Take tiny hops with your other leg, being careful not to use momentum. Eventually, hug that knee into your chest, and then straighten it to join the other leg for the full expression of Salamba Sirsasana.

Find the correct spot on the top of your head to place on the floor: Before you move into the pose, make an L shape with your thumb and pointer finger, then put your thumb at your third eye and move your pointer finger toward your crown. The place where your pointer finger lands is about where your head should be on your mat.

Yoga teacher and cover model **Caley Alyssa** is a Los Angeles-based yoga teacher. Learn more at caleyyoga.com

Lengthen your shoulders away from your head. If your shoulders are scrunched down toward your mat, it's a sign that you're putting weight on your head rather than where it should be, which is predominantly in your arms.



"yoga" in Products

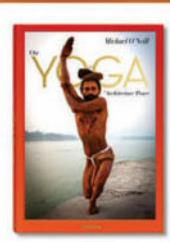
PVC Yoga Mat
Yoga
Marseille Yoga Mat
Fiji Yoga Mat
Ban do After This We're Getting Pizza Yoga Mat
Relaxed Fit Yoga Tee
Micromodal Yoga Top
Yoga Racerback Tank
Geometric-Print Yoga Mat



Summer Women Round Print Shawl Yoga Mat Multifunctional
from Lazada
SGD 10.49



Nike Palm Epic Lux Capris
from Zalora
SGD 118.30



Yoga
from NA KD
SGD 65.74



adidas by Stella McCartney Yoga Seamless Jumpsuit
from Saks Fifth Avenue
SGD 275.5



Energie Active Juniors' Colorblocked Leggings
from Macy's
SGD 30.68



Spacedye Twist-Back Tank
from Anthropologie
SGD 104.06



Yoga Bag (Liquid Blue)
from Active in Style
SGD 384.08



prolite® mat - fortitude
from Manduka
SGD 14.01

Search and Discover the latest in
FASHION AND LIFESTYLE
from across 800+ online stores.

Inner peace & Outer glam?

Hoppingo scans online stores across the web to help you find that balance!

One query results in endless variety from across the web.
Happy You! Now, that's what Hoppingo is all about!



Gadgets



Home Furnishing



Men



Women



Baby & Kids



SHINE ON ME

BY KELLY MCGONIGAL

PHOTOGRAPHY BY DAVID MARTINEZ

Start your day with reverence for the sun, and harness its life-giving energy with *Surya Namaskar*.

Each Sunday morning, Christopher Key Chapple opens his 8:30 yoga class with eight rounds of *Surya Namaskar* (Sun Salutation). Students at the Hill Street Center in Santa Monica, California, reach toward the sky and then fold to the ground as if in prostration to the sun, expressing the same reverence for life-giving solar energy as did the ancient yogis.

Repeating the sequence in each of the four cardinal directions, the students perform a silent yet powerful ritual of gratitude. Chapple, a professor of Indic and comparative theology at Loyola Marymount University, says the sequence not only wakes up the body but also "calls us to stretch our minds and spirits to the corners of the universe, allowing us to feel the vast expanse of the cosmos within the movement of our bodies."

To Chapple, *Surya Namaskar* is nothing less than the embodiment of the *Gayatri mantra*, a sacred prayer to the sun. "As we sweep our arms up and bow forward, we honor the earth, the heavens, and all of life in between," he says. "As we lower our bodies, we connect with the earth. As we rise up from the earth, we stretch through the atmosphere once more, reaching for the sky. As we bring our hands together in *Namaste*, we gather the space of the heavens back into our heart and breath, acknowledging that our body forms the center point between heaven and earth."



LIGHT UP YOUR LIFE

TADASANA (Mountain Pose)

Start by establishing equal weight on both feet and a tall, bright posture through the spine and crown of the head. Bring your palms together in front of the heart center. Pause and imagine a sun at your heart, shining brighter with each inhalation. Sense gratitude for the life-giving energy of the sun, for the *prana* (life force) that flows through you and all other beings.

URDHVA HASTASANA (Upward Salute)

Inhale, turn your palms out, and sweep your arms up and overhead. The spine can take a gentle backbend, lifting the heart and expanding the chest. Let this movement be a gesture of opening to life. Gaze up, keeping the forehead relaxed and the face soft.

UTTANASANA (Standing Forward Bend)

Exhale and fold forward at the hips. Let the descent be an offering of gratitude. Keep the spine straight as long as you can, then let it softly round into a full forward bend. You can bend your knees to ease strain on your back or hips. At the end of the exhalation, draw your chin in and gaze at your legs.

ARDHA UTTANASANA (Half Standing Forward Bend)

Inhale and lift your chin, your chest, and your gaze. Stay rooted through strong legs, reaching down through your heels. Press your hands into your shins to help lift your heart and straighten your spine. Savor this smaller movement, letting your breath fill you up.

While it's not always taught with such lofty intentions, the Sun Salutation is nonetheless deeply potent wherever and whenever it is practiced. "It revitalizes every aspect of your being, from physical to spiritual," says Shiva Rea, creator of *Prana* Flow Yoga and founder of the Global Mala Project.

Rea prefers the Sanskrit name for the sequence, arguing that the translation to the English "Sun Salutation" doesn't capture the intention and experience of the word *namaskar*. "*Namaskar* means 'to bow,' to recognize with your whole being," she explains. "The meaning is inherent in the movement. Eventually, you are going to have an ecstatic experience of the life force entering your body."

Surya Namaskar also embodies the spirit of yoga in the West: It is intensely physical but can be infused with devotion. And like so much about yoga today, it reflects both ancient ideas and modern innovation. Understanding its history and meaning will allow you to bring the healing

energy of the sun and a connection to the Divine into your own practice.

Sun kissed The original *Surya Namaskar* wasn't a sequence of postures, but rather a sequence of sacred words. The Vedic tradition, which predates classical yoga by several thousands of years, honored the sun as a symbol of the Divine. According to Ganesh Mohan, a Vedic and yoga scholar and teacher in Chennai, India, Vedic mantras to honor the sun were traditionally chanted at sunrise. The full practice includes 132 passages, which the practitioner performs in full prostration, lying in the direction of the sun in an expression of devotion.

However, the origins of *Surya Namaskar* in modern hatha yoga are more mysterious. "There is no reference to asanas as 'Sun Salutation' in traditional yoga texts," Mohan says.

So where did this popular sequence come from? The oldest-known yoga text to describe the Sun Salutation sequence, the *Yoga Makaranda*,

As a moving meditation, *Surya Namaskar* develops focus and peace of mind. Let your breath guide each movement, and extend the movement over the entire length of each inhalation or exhalation. Your gaze should follow the direction of movement, linking your mental energy with your physical action. In the spirit of the Sun Salutation, bring to mind and heart a sense of gratitude for life, and let the movement remind you of your connection to something bigger.



CHATURANGA DANDASANA (Four-Limbed Staff Pose)

Exhale and step or jump back to Plank Pose. On the same exhalation, shift your weight slightly forward, bend at the elbows, and lower your body halfway to the ground until your upper arms are parallel to the floor and close to your side ribs. Be careful not to sink your hips or collapse your core. Let this action be an offering of the heart, a surrendering of the ego, a full-body prostration to the earth. To modify, lower your knees or whole body to the ground.

URDHVA MUKHA SVANASANA (Upward-Facing Dog Pose) or BHUJANGASANA (Cobra Pose)

Inhale and press back through your toes to come to the tops of your feet. Simultaneously, press down through your hands and draw your shoulders back to broaden your chest, letting the inhalation expand your heart. Activate your feet and legs to float your kneecaps, thighs, and hips. Lift your gaze past the tip of your nose. For a modification, practice Bhujangasana, keeping your elbows bent and your legs and pelvis rooted to the earth.

was written in 1934 by T. Krishnamacharya, who is considered by many to be the father of modern hatha yoga. It is unclear whether Krishnamacharya learned the sequence from other sources, or whether he invented it. In *The Yoga Tradition of the Mysore Palace*, yoga scholar N. E. -Sjoman identifies an earlier text called the *Vyayama Dipika* (or "Light on Exercise") that illustrates athletic exercises for Indian wrestlers, including some that are strikingly similar to Krishnamacharya's version of *Surya Namaskar*.

So, it appears that Krishnamacharya was influenced by both athletics and spiritual practice, and it was the emphasis he placed on the breath and on devotion that set his teaching of yoga asana apart from a purely athletic endeavor. According to Mohan, co-author (with his father, A. G. Mohan) of the 2010 book *Krishnamacharya: His Life and Teachings*, it was the attitude with which one practiced *Surya Namaskar* that Krishnamacharya cared about. Whether he was teaching the Vedic mantras

or the sequence of postures, the intention he conveyed to his students was the same. "One is offering salutation to the Divine, represented by the sun, as a source of light removing the darkness of a clouded mind and as a source of vitality removing the diseases of the body," says Mohan.

Krishnamacharya taught the sequence to his students, including K. Pattabhi Jois (founder of the *Ashtanga Yoga* system), B. K. S. Iyengar (founder of the *Iyengar Yoga* system), and Indra Devi (recognized as the first Western woman to teach yoga around the world). These students went on to become internationally prominent teachers and to inspire much of the practice in the West. As a result, Sun Salutations became an integral part of our modern practice.



ADHO MUKHA SVANASANA (Downward-Facing Dog Pose)

Exhale, tuck your toes under, and use the strength of your belly to pull your hips up and back. Establish a straight line from your wrists through your shoulders, spine, and hips. If this is difficult, you can bend your knees, take your feet wider apart, or lift your heels away from the ground. Relax the back of your neck. Stay for 5 breaths, feeling the flow of breath and holding the pose with strength but not strain. If you need to rest, drop to your knees and bow into *Balasana* (Child's Pose).

FEET TO HANDS (Transition)

At the end of the fifth exhalation, jump or step your feet forward to your hands.

Rise up To enjoy the full experience of *Surya Namaskar*, Shiva Rea recommends four things. First, let the breath lead the movement. Each inhalation and exhalation should draw you into and through the next pose, and not be forced to fit a predetermined pace. "When you go into that state of following the breath, you are following the source," she says. "That is the heart of yoga."

Also, take the time to fully contemplate the meaning of *Surya Namaskar* and to sense your authentic gratitude to the sun. "Contemplating the vitality of the sun allows you to go to a deeper level of participation with the sequence," Rea says.

Rea also recommends adding mantra to the movements. "With *mantra*, you really start to feel the spiritual activation of *Namaskar*," she explains. You can use any sacred sound, including *Om*, on the exhalations, or open and close your practice with a recitation of the *Gayatri mantra* (facing page).

Finally, Rea suggests practicing outdoors, in the presence of the sun, at least occasionally: "It's really important to experience it with the rising sun, feeling the rays of the sun on your body."

Greet the sun Although Sun Salutations can be practiced at any time of the day, the early-morning hours are considered especially auspicious. The hour just before sunrise is called *Brahma muhurta* ("time of God"). "The mind is supposed to be most calm and clear at this time. Ayurveda recommends that one awake at this time every day," says Mohan.

For most of us, early morning is one time of the day we can be alone, without demands and distractions. Rising a bit early can allow you to experience inner stillness and offer your energy to a greater intention for your day. "An extra one to two hours of sleep cannot equal the energy of the sunrise," Rea says. "Celebrating being alive is the essence of a spiritual experience."

If getting up to practice yoga before sunrise seems intimidating or impossible, you can capture the feeling of *Surya Namaskar* by doing a simple morning ritual whenever you wake up. Bring the attitude of the Sun Salutation to your heart and mind, face the direction of the rising sun, and offer a formal bow of gratitude. "Even in long winters, you can face the sun," says Rea. "Visualize that you have the sun inside your heart. Part of *Surya Namaskar* is really being able to see the sun inside yourself."

Kelly McGonigal, PhD, is the author of *Yoga for Pain Relief* and teaches yoga and psychology at Stanford University. Visit her at kellymcgonigal.com



ARDHA UTTANASANA

(Half Standing Forward Bend)

Inhale and lift your chin, chest, and gaze, straightening the spine.

UTTANASANA

(Standing Forward Bend)

Exhale and fold forward completely, softening the back.

URDHVA HASTASANA

(Upward Salute)

Inhale, rise fully and radiantly with a straight spine, and look up.

TADASANA

(Mountain Pose)

Exhale and return to Mountain Pose. Pause and feel the heart-opening effects of this sequence.

SACRED SUN

Inspire your practice with the *Gayatri mantra*, a prayer to the divine light.

*Om bhur bhuvah svah
tat savitur varenyam
bhargo devasya dhimahi
dhiyo yo nah prachodayat.*

Translation by Douglas Brooks

The *Gayatri mantra* first appeared in the *Rig Veda*, an early Vedic text written between 1800 and 1500 BCE. It is mentioned in the *Upanishads* as an important ritual, and in the *Bhagavad Gita* as the poem of the Divine. According to Douglas Brooks, PhD, a professor of religion at the University of Rochester and a teacher in the *Rajanaka yoga* tradition, the *Gayatri* is the most sacred phrase uttered in the *Vedas*. "It doesn't get more ancient, more sacred, than this. It's an ecstatic poetic moment," he says.

The *mantra* is a hymn to Savitir, the sun god. According to Brooks, the sun in the *mantra* represents both the physical sun and the Divine in all things. "The Vedic mind doesn't separate the physical presence of the sun from its spiritual or symbolic meaning," he says.

Chanting the *mantra* serves three purposes, Brooks explains. The first is to give back to the sun. "My teacher used to say the sun gives but never receives," Brooks says. "The *mantra* is a gift back to the sun, an offering of gratitude to refuel the sun's gracious offering." The second purpose is to seek wisdom and

The eternal, earth, air, heaven
That glory, that resplendence of the sun
May we contemplate the brilliance of that light
May the sun inspire our minds.

enlightenment. The *mantra* is a request to the sun: May we meditate upon your form and be illumined by who you are? (Consider that the sun offers its gift of illumination and energy to all beings, without judgment and without attachment to the outcome of the gift.)

Finally, the *mantra* is an expression of gratitude, to both the life-giving sun and the Divine.

Brooks encourages taking a heart-centered approach to the *mantra*. "The sensibility it evokes is more important than the literal meaning. It's an offering, a way to open to grace, to inspire oneself to connect to the ancient vision of India," he says. "Its effect is to inspire modern yogis to participate in the most ancient aspiration of illumination that connects modern yoga to the Vedic tradition."

NEW ADDITION



SHOP
at

www.yogajournal.com.sg

yoga
JOURNAL SINGAPORE

To feature your products in the Yoga Journal Singapore SHOP,
email us at advertisements@yogajournal.com.sg

connect

DR. TRISH CORLEY *new angle yoga*

Meet Dr. Trish Corley, founder of New Angle Yoga in Singapore. Trish is an internationally recognized Baptiste-certified yoga teacher and teacher trainer, an anatomy professor, a U.S. licensed physiotherapist, and a mentor for the Africa Yoga Project. New Angle Yoga offers regular scheduled classes and yoga workshops in Singapore. *Power to Lead*, a 200 Hour Yoga Teacher Training taught at New Angle Yoga, is described by one graduate, as "life-changing and awesome".



Yoga Journal subscribers get one free
yoga class at New Angle Yoga!
<http://newangleyoga.com/>

connect

MY STORY, MY CALLING



"Yoga is the reason Madonna looks so good." This was the first time I had heard the term 'yoga'—from a man with long hair wearing only white linen pants, who introduced himself as Madonna's personal instructor, and Sting's as well! Of course he went on to impress us with all kinds of contortionist poses. That was 1995 in Bali, at a sprawling house of a tycoon whom I had met through another friend.

Another eight years went by before I bought my first yoga mat to attend a class in my gym. Yet it wasn't love at first try as I came out convinced that this was just an elegant and updated form of aerobics. So I stuck to my gym training routine that already gave me plenty to keep fit. In any case, I was riding on the high of a life that saw me thriving, first as a corporate banker, then as a senior executive with multinational companies across geographies, and later, as an entrepreneur and inventor in education technology.

Three years later, however, after yet another blistering fight with my then-husband, I stormed out of my apartment in Singapore's Bayshore Park. As my legs led me down Marine Parade Road, my mind was a blank whilst my heart was shattered. Nearing Marine Parade Central, my tears-soaked eyes were drawn to a poster that said 'Ananda Marga Yoga Society'—I don't remember why or how, but I signed up for a package of classes

with them there and then. That first lesson a few days later with Dada Shankarsanananda, a Norwegian yogic monk-teacher, was the first time I felt good in a long while. Focusing on the breathing and postures meant that my pain had no place for those two hours. I was calmed in a deeply soothing way. That was in 2006. And since that class, I have been practising yoga and meditation almost every day, even when I travel.

Yoga was the buoy that kept me afloat as I found myself drowning through the colossal collapse of my life. I finally did muster the guts to walk out of my marriage, smacked with a broken business as a collateral damage of the divorce—and found myself lying on the cold floor of my barren flat at Marine Crescent one moonlit night—with \$16 in hand. I was 39 years old, and the rug of life, as I knew it, had been pulled from right under my feet in one swoop.

In all that brokenness and despair, yoga was a constant. The seeds of self-realisation and resilience planted through my daily yoga and meditation practice began to gradually sprout as the layers of social labels (CEO, wife, success...) peeled away. I started to see and understand myself more clearly as I became more aware of how and why the dots were connecting, and what my gifts and afflictions were. That increasing clarity was almost

Anthea Ong, former corporate honcho from Singapore, tells us about the path of self-discovery and transformation that found her more than 11 years ago.

BY ANTHEA INDIRA ONG

strange, considering how muddled up my 'functional' existence was at that time. As I slowly crawled out of the abyss of despair, I found purpose in the service of others by actively volunteering with organisations such as UN Women, Very Special Arts Singapore, World Vision, aLife, Make-a-Wish Foundation, and several others.

Yoga (especially meditation) has been my healing, my courage and my expansion—I learned that it's not how much you have (materially), but how little you need to live and give joyfully and meaningfully. I was compelled from within to share this insight with everyone; so I did, and I continue to do so.

As a newly-minted yoga instructor, I joined Project Yoga-on-Wheels, a social service project to bring the benefits of yoga to the needy and disadvantaged in Singapore. I extended my teachings to organisations that take care of many who can benefit from a calm mind, such as women from underprivileged families (aLife), migrant workers (HOME and Aidha), youths-at-risk (Chen Su Lan Methodist Children's Home), cancer survivors (Breast Cancer Foundation), persons-in-recovery from mental illness (Singapore Association for Mental Health), victims of family violence (Star Shelter), low-income elderly (SilverAce Lengkok Bahru and Lions Befrienders Tampines) and

hospice staff (HCA Hospice).

For the last five years, I have held a community meditation circle at my home every Monday evening. In 2013, together with a few kindred spirits, I started Playground of Joy for children, integrating proven techniques of yoga, mindfulness, art and play to bring a different kind of ABC (attention, balance and compassion).

In 2014, again with the support of friends, I started Hush—a social movement to bring the world of the hearing and deaf together and encourage the practice of silence for mental wellness and community inclusion. This silent teabar is a first in Singapore, and its trajectory has completely exceeded my expectations—so much so that, as of last year, we have attained a modest level of financial sustainability to have five hearing-impaired and two persons-in-recovery with mental conditions on our payroll to become a full-fledged impact business.

I am a certified practicing life coach now, and

my other experiments, like Anagami Wellness, The GoodFood Org and Tree of the Year Singapore, have all been yoga-inspired.

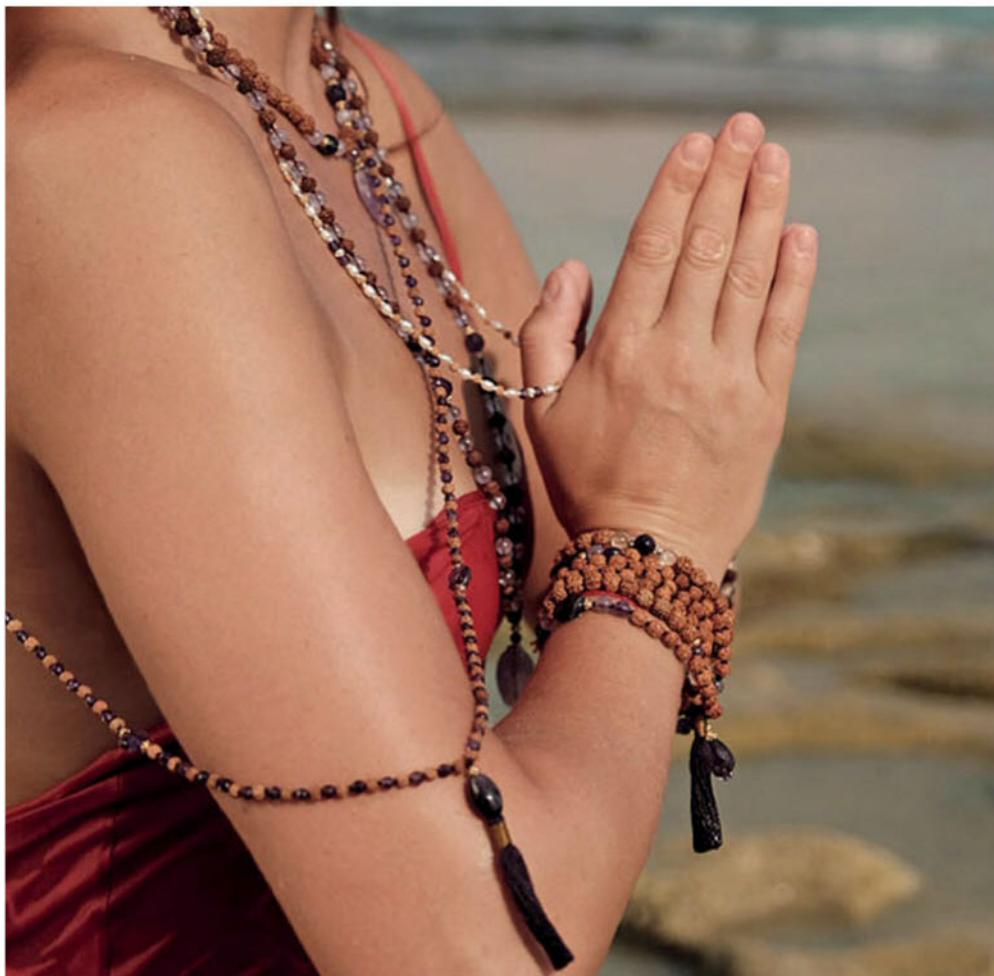
I did my teacher training with the intention to deepen my yogic practice, not to become a yoga instructor. However, I still share yoga regularly as a volunteer instructor for *Ananda Marga Yoga Society*, HCA Hospice and until recently, the Star Shelter. I love how each asana presents an opportunity to learn and embody the values of humility, courage and progress, and how each sadhana (meditation) practice waters the seeds of awareness in me. I am certain now, more than ever, that my place as a yogi is clearly carved out for me off the mat! I come alive when I hold space, in whatever capacity or form, for personal transformation to unfold and flourish—this is my purpose. And my practice powers my purpose.

It has been 22 years since I first heard the word 'yoga' from Madonna's 'personal instructor', and I would never have imagined then that

If you heard your calling, we would love to hear your story.
Write to us at letters@yogajournal.com.sg

yoga would take me on this wondrous journey of change and growth—including becoming a vegetarian, and later vegan for the last seven years. My colossal collapse was in fact a colossal gift because when there was nothing more to lose, I was given everything.

You can write to **Anthea** at antheaong@yahoo.com. Read more about her at www.antheaong.com



SACRED RUDRAKSHA
JEWELRY,
HANDMADE AND BLESSED
IN BALI

info@aumrudraksha.com
www.aumrudraksha.com



aumrudrakshadesigns

SINGAPORE DISTRIBUTOR
Amanda KOH Kalari Yoga
amandakoh@gmail.com

usa - canada - mexico - europe - slovakia
iran - japan - indonesia - malaysia
singapore - vietnam
australia - new zealand

Ashtanga

ashta = eight · anga = limbs

BY SHERRIANN MELWANI

PRANAYAMA

The Fourth Limb of Ashtanga

“A yogi measures the span of his life not by the number of years, but by the number of breaths”

- Swami Sivananda

Like all living things, we need air and *Prana* (life force) to keep flowing through us in order to survive. When we experience illness, stress and anxiety, the breath becomes short and erratic. Often we may unconsciously hold our breath, which restricts the flow of energy through the body—leaving us chronically tired. However, when we are calm and healthy, the *Prana* moves freely. We feel balanced and content, and are less reactive and more unattached to the natural ebbs and flows of life.

Prana is the energy behind everything in the universe. Without *prana*, life will not exist. There are several different types and directions of pranic forces. *Prana* includes the energy behind walking, eating, sleeping, playing, sharing, digesting, speaking and the like. Moreover, mental vibrations that form thoughts and emotions are also part of our *prana* flow.

One of the many ways *prana* manifests itself is through our breath. *Pranayama*, the fourth limb of yoga, is the conscious practice of applying various techniques of breathing exercises to direct our *prana* in the body. By directing our breath in certain ways, we channel our *prana* in the right way and learn to discipline and master our senses and emotions.



MODEL : SHERRIANN MELWANI; ART DIRECTION : ANUJA BAGADE; PHOTO CREDIT : ESTHER TAY

The subtle body

Prana, the vital energy, flows through a sophisticated system—the subtle body—which comprises rivers and streams that are often referred to as meridians and nadis. To appreciate the importance of *Pranayama*, it would help to understand some basics about the anatomy of the subtle body. Within our body we have five layers (*koshas*) that are linked, and therefore affect each other.

Just as we have arteries that carry blood in our physical body, we have thousands of tube-like channels that carry the energy through our pranic body. We have three main channels or *nadis*. The first is *Ida*, or the left nostril with cooling, moon and yin energies; the second is *Pingala*, the right nostril with warming, sun and yang energies; and the third is *Susumna*, the main central channel where energy travels up and down the spine region. The *chakras*, or wheels of concentrated intelligent energy, are centers of spiritual powers that are affected by how *prana* flows within our body.

The quality of energy flow through the *nadis* and *chakras* greatly affects our perception of the world and our quality of life. Throughout our life, these channels can become blocked, in varying degrees, due to factors such as negative emotions, *samskaras* (impressions from our past actions), poor diet, illness, lack of exercise and stress. *Pranayama* greatly assists in releasing these blockages, so that energy can travel through the *nadis* more freely and we feel revitalized.

Good posture cultivates optimal flow of pranic energy through the *chakras*. As we align the spine in one straight line, energy can flow through the *nadis* and *chakras* freely. Think of a straw, which when bent cannot carry juice as effectively as when it's straight. For this reason, the *asanas* are very important as they tone the body to find comfort in sitting with a straight spine, and prepares it for higher practices.

The practice

To practice *pranayama* is to open ourselves to our fullest potential. Through the practice of the *asanas* we learn to control the physical body as well as the astral or subtle body. Just as there are different *asanas* for various muscles, nerves and glands, there are also many different *pranayama* techniques to enable the ascension of energy through our system—healing and energizing the body and mind, and opening us to higher wisdom.

Pranayama can also be considered an act of *tapas* (or purification). We remove the obstacles formed from stagnant energy and become more free, vibrant and light.

If possible, commit to a similar time to practice daily when you're not too tired, so that it becomes a habit. If you feel tense during the practice, reduce the repetitions to bring more ease and comfort to your practice.

The *pranayama* practice usually involves three types of action: inhalation (*Puraka*, receiving energy), retention (*Kumbhaka*, savouring vital forces when lungs are full or surrendering to the energy when lungs empty), and exhalation (*Rechaka*, releasing impurities).

Prana flows most easily through a healthy respiratory system. Regular practice strengthens pulmonary functions and increases breathing capacity. The lungs, diaphragm, ribs, intercostals muscles and all the other accessory muscles awaken and realize their true potential. When we can take in more oxygen, the entire body becomes most effective as circulation increases, carrying nutrients more efficiently to the brain, muscles, organs and glands.

The benefits of pranayama

"The respiratory system is the gateway to purifying the body, mind and intellect"—BKS Iyengar, *Light on Pranayama*

The mind and breath are inextricably linked. Swami Sivananda, in his book, *The Science of Pranayama*, explains that many illnesses that doctors cannot address can be cured through the practice of *pranayama*. When the *Nadis* become purified, the yogi experiences "lightness, cheerfulness, courage, enthusiasm, vigour, good concentration, brilliant complexion, increase in digestive fire, leanness of the body, and the absence of restlessness."

The mind too benefits through the regulation of breath. Iyengar describes the practice of *Pranayama* as an art that "develops a steady mind, strong will-power and sound judgement." If the mind is free from the impurities that block the flow of the *prana*, then one will obtain clarity, deep peace and contentment. *Pranayama* also enables meditation, as we learn to direct the mind to a specific task.

The benefits of this powerful practice are expansive and far-reaching and translate into many areas of life. We feel strong mentally, emotionally and physically, and we see how everything is connected.

Two pranayama exercises for instant calm

Nadi Shodhana (Alternate nostril breathing)

One of my favourite exercises, and the most efficient nerve purifier as it balances both sides of the brain is the *Nadi Shodhana pranayama*. It works directly with the left and right nostrils (*ida* and *pingala*). This technique can be done with various counts and visualizations, but here is the most basic method for beginners:

1. Begin by sitting comfortably with a straight spine (use an upright chair if you like).
2. Close the eyes and take a few deep breaths.
3. Bring the right hand up to your nose and using only the thumb, block the right nostril.
4. Inhale through the LEFT quietly to your own capacity
5. Using the thumb and ring finger of the right hand, hold both nostrils and retain the breath for just a second or two.
6. Exhale through the RIGHT completely, slowly and steadily. Then, inhale through the RIGHT.
7. Close both nostrils for a second or two.
8. Exhale through the LEFT. (This completes one cycle.)
9. Repeat Steps 6-9 for as long as you are comfortable, ideally for 12 rounds or more.

Calming Breath

This can be practiced anywhere, anytime, with the eyes open or closed. It brings deep calm and is especially helpful in stressful situations and also before sleep. It is also beneficial for those who want to quit smoking.

1. Wherever you are, exhale completely through the nose.
2. Inhale through both nostrils for 4 counts.
3. Hold the breath for 2 counts.
4. Exhale through both nostrils for 8 counts.
5. Repeat at least 12 times for optimal results.

(For those wishing to quit smoking, instead of breathing in and out through the nose, use the mouth for the first few rounds and then switch to the nose when you feel comfortable.)

Sheriann Melwani is a yoga teacher who shuttles between Hong Kong, Bali and Singapore, and is a freelance writer for *Yoga Journal Singapore*. Read about '*Pratyahara*' in the next edition.

connect
WE'RE YOGIS



Meet yoga power couple Liz and Nicholas Clayton who believe in the magic of Kundalini, an uplifting spiritual and physical practice that incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras, such as *Sat-Nam* (I am truth). The Claytons share their love for yoga with YJ.

Liz: I grew up in the spa industry in the late 90's and lived in Los Angeles for 20 years. Yoga has been layered into the fabric of my life for decades. Retreats are my favorite as I love the deep work and connection you get in these rich settings. I just returned from a magical Kundalini retreat in Mallorca with my teacher, *Guru Jagat*. I always walk away a better version of myself after such retreats, and to me that's priceless.

Nicholas began his yoga journey nearly 30 years ago with his late mother, Jill Irish, who was a yoga teacher. I can still remember going to visit his mother and they would do yoga poses together. I was blown away by the beauty of that. It sealed the deal for me.

Today we are deeply rooted in our Kundalini practice, a form of ancient yoga that is backed by science and technology. You can upgrade your body's operating system in as little as three minutes. *Kundalini* gives you the bandwidth to deal with life "like a boss"—confident, cool, elegant and graceful.

Yoga is my devotion to self. Meditation plays a major role in my daily practice. It's how I honor and connect to myself and my soul's purpose. Clearing all the negative chatter through meditation is good for mental fitness too.

We have a beautiful yoga/meditation room in our home, and use the digital platform *RAMA TV* for our daily practice. It's like Netflix for your yoga practice. We love that we can access from anywhere in the world— at the base of Mt Fuji, beaches in Koh Samui, or the Emirates lounge in Dubai. No excuses.

Kundalini practice gives us the opportunity to transform and grow together. Having spiritual intimacy with your partner is the secret to cultivating the deepest love. We get asked all the time if we are newlyweds, and we find that to be the biggest compliment of our relationship.

Nicholas: *Yoga gives you an opportunity* to touch on many important aspects of your life, all in one practice or pursuit. The extraordinary benefits include the improvement of physical and emotional strength, balance, awareness of breath and detoxification, to name a few.

Spending time with my beautiful and talented wife is when I am most happy, and sharing common interests is one of the main reasons we remain so in love. We motivate each other with our practice, and later we always have fun with a debrief on both our biggest challenges and accomplishments of the practice.

My Kundalini practice facilitates an awareness of breath which instantly lowers blood pressure and heart rate. My desire to improve form helps me to focus and still the mind, while living in the moment. Breath can be your secret weapon when you know how to use it. We love our *Kundalini* practice because we can share the experience, encourage each other to grow and it provides a wonderful sense of depth to our relationship.

Liz Clayton is the Founder of LA EDIT, a lifestyle agency that focuses on wellness, fashion and beauty. **Nicholas Clayton** is the CEO of Capella Hotel Group.



LEARN MORE

Try Kundalini yoga -
<https://rama-tv.com/>

ED DAILEY

Ed Dailey has been a nurse for more than 20 years, and has been instrumental in introducing yoga and integrative therapy in hospitals and health centers in the United States. Ed, who will be in Singapore this September, shares his connection and love for yoga with YJSG.



Why do you do yoga?

I first started yoga over 20 years ago because I suffered from back pain. The physicians that were treating me just wanted to give me medications. Not wanting to go down that road, I turned to yoga for help. At first I was just interested in the physical benefits of the practice. Over time I became more enticed by the observation of the movements of my body and how it returned me to the present moment again and again. Yoga gives me a chance to observe over and over. No past, no future, just the present. In today's fast paced world that can be hectic, it is the chance to move inward.

What or who inspired you to teach?

I first walked into Rodney Yee's class room in 2000. After I left that first class, I knew who I would study with. I began an ongoing mentorship with Rodney that continues to this day. I have spent thousands of hours in study with him, assisting him, and being of service to him and his wife Colleen. He taught me the art of sequencing, listening, emptying myself, and skilful action. He connected me to the teacher within myself that yearned to share yoga with others. We have discussions on yoga philosophy and life.

What is the best thing you enjoy about teaching yoga?

I enjoy helping people of all abilities see the accessibility of yoga. Skill is required from the teacher to teach students of all levels who may be in the same room. At the start of every class, I sit and watch each person who

in the DETAILS

Some of his favorite things...

Fav Yoga Pose

All restorative yoga poses, specially Supta Baddha Konasana (Reclining Bound Angle Pose)

Fav Restaurant

Shor in Sarasota, Florida

Fav guru

BKS Iyengar and The Dalai Lama

One pose you still can't master?

To me, there is nothing to master. Each posture is an exploration into what is available at that moment in time.

Shine a light on your teacher!

Send nominations to letters@yogajournal.com.sg

comes through the door. Then I decide what should be taught. It's a great feeling to "turn the light switch on" for people and dispel the misperception of what yoga is. I also love teaching pranayama. This forgotten limb of yoga is a must for all yogis but often overlooked.

What is your main focus and philosophy when you teach?

I go through phases on what I teach. My observation of the world is that we try and do so many things, and as a result, our lives lack integration and integrity. "Do less with more integrity"—this is what I am constantly reminding students. Mother Theresa once said "Don't do large deeds with no love but do small deeds with a lot of love." So much can be accomplished in 15 minutes a day. Let's all start there. I tell my students to do everything with compassion and kindness. This includes how you treat yourself daily. There is so much division and hostility in the world at times. Your self-care practice—which may include yoga, meditation, good nutrition or using essential oils—are all part of this routine, and shine the light of compassion and kindness onto ourselves.

If you were given a chance to teach anywhere in the world, where would you choose, and why?

The Great Pyramid in Egypt. This part of the world is on my bucket list as I have been fascinated with the culture since 6th grade. I have heard so many wonderful things about this sacred place and would love to see how the Kings chamber would enhance the yoga practice.

What is your daily yoga routine?

I start my day with pranayama and meditation. The pranayama practice varies depending on what's going on with me that day. I practice some days in the morning or evening. I gear my asana practice to address what is required within my body and mind, so that changes too daily. I end my evening with a short meditation.

Ed Dailey will be hosting aromatherapy yoga sessions in Singapore in September. For details, go to www.younglivingyoga.sg

Presented by:



THE PODIUM LOUNGE / 2017

SINGAPORE

Celebrity After-Parties For The Racing Community

Line Up:

FRIDAY 15 SEPTEMBER
PIXIE GELDOF DJ Set

SATURDAY 16 SEPTEMBER
COOLIO LIVE

SUNDAY 17 SEPTEMBER
MACY GRAY LIVE + DJ Set

Celebrity Hosts:

Giancarlo Fisichella - F1 Legend
Raymond Gutierrez - E! News Asia Host

Karma Resorts Fashion Circuit:

Curated by The Yak Magazine feat. MtheMovement,
Mauricio Alpizar & Erika Peña

Venue:

The Ritz-Carlton, Millenia Singapore
Grand Ballroom - Level 1

Time:

10pm till late

Dress:

Elegant Chic

General Admission:

(Pre Sale / *nett per person)
\$188*
\$340* with a bottle of Champagne Duval-Leroy

VIP Tables:

(*nett per night)
\$1,488 for 4 pax - \$28,888 for 25 pax

Hospitality Bookings via: vip@podiumlounge.com // +65 94595211

WWW.PODIUMLOUNGE.COM/SG



JD | JOOL



BVLGARI

WOA



the yak

DUVAL-LEROY



WINTERHILL
HOSPITALITY



nakd



PERONI
ITALY



FEVER-TREE

AUGUSTMAN



PRESTIGE

Paddock.



JETGALA

SOLITAIRE

torque



Karma Resorts



Mauricio Alpizar

LUXUO

LOFFICIEL

PALACE

WOW

POWER 98FM

BUSINESS

LIVING



ARTS



INSIDER TV

THE WALL STREET JOURNAL.
Read ambitiously

SPACE EXECUTIVE

ABU DHABI | MELBOURNE | MONACO | SINGAPORE



Thailand Yoga Fest

6-10
October
2017



Model: Dearbhla Kelly / Photographer: Robert Sturman

22 classes/day
37 instructors

Thailand Yoga, Art and Dance Festival 2017

at Krabi Aonang Nagapura Resort

Full Package 5 Days*

(Event ticket for 5 days + Accommodation 5 nights + 3 meals + 1 Island tour)

5 Days 1,050 SGD/Person



trueYOU



yoga



Full Package 3 Days

(Event ticket 3 days + Accommodation 3 nights + 3 meals)

3 Days 800 SGD/Person

Event Ticket Only**

(includes lunch)

5 Days 480 SGD/Person

3 Days 400 SGD/Person

1 Day 140 SGD/Person

* Hotel at Aonang Nagapura, 2 persons/room • Add Bht500/night, incase stay alone in 1 room • ** Include Lunch , Hotel Booking : chayada@makefriends.co.th

TO MAKE A BOOKING, CONTACT

Yoga Journal Singapore Tel: +65 6521 3716
Email: letters@yogajournal.com.sg

MORE INFO

www.yogajournal.com.sg
<http://asiayogafestival.com/>
www.yogajournalthailand.com
www.makefriendsyoga.com

In partnership with

