

YOGA BITES...

Off the mat, we connect with all that is organic, natural and new in the community



A Natural Beauty

Miranda Kerr, the Australian supermodel (and wife of Orlando Bloom) is a natural beauty devotee. Her gorgeous glowing skin isn't just good genes, she drinks lemon water every morning and eats fresh, organic produce. She also has her own organic beauty line called Kora Organics. No wonder she always looks so drop-dead gorgeous!



YOGA FOR GOOD

Mayank is a certified yoga teacher from Sivananda Yoga Vedanta Centre and has been teaching yoga in Dubai since 2004. Mayank runs weekend yoga classes to help raise funds for individuals in need and NGOs supporting worthy causes. Their current cause involves a young Pakistani mother suffering from stomach cancer and battling for her life.

Mayank says that some of his students have cured themselves: "It is particularly fulfilling as a Yoga teacher when you see someone recover in front of your

YogaLife's charity of the month

eyes." Mayank believes yoga is all encompassing and has something for everyone.

These philanthropy oriented classes started in January 2011 and within two years the membership base has grown to over 300. *Classes (which usually attract 30 people at a time) take place every Friday at 9am at Dnata building on Sheikh Zayed Road in the Business Bay area. For more information go to www.yogasmriti.com*



Youngest Yogi

Pictured with her copy of YogaLife is yoga baby, Molly Jean Parsons. Born on 23rd July 2012 and weighing in at a healthy 4.9kgs, Molly is the daughter of Zen Yoga Instructor Cheryl Parsons (who we have interviewed on page 46). At just over nine months Molly loves nothing more than sitting down with a good magazine!



Rocket Yoga comes to town!

Larry Shultz created the Rocket routine, a series of postures based on a modification of the traditional Ashtanga Vinyasa Yoga Series. The Rocket is designed to wake up the nervous system while also promoting a spirit of change and enhancing your freedom. Larry has designed an asana sequence that invigorates and strengthens your mind and body. Rocket Yoga is suitable for students of all levels. **Classes are available at OM Yoga, The Green Community (just next to Motorcity) on Fridays 10am and Tuesdays at 10.30am. It costs AED80 per class. Go to www.yogaom.ae.**

“Power is of two kinds. One is obtained by the fear of punishment and the other by acts of love. Power based on love is a thousand times more effective and permanent than the one derived from fear of punishment”

— Mahatma Gandhi

Full Moon Yoga



Before it gets too hot to enjoy yoga on the beach, grab a friend and head down to Mina A'Salam Beach at Madinat Jumeirah. Doing moon salutations with the sound of the sea lapping in the background, live music and a luminous moon is a real treat. According to yoga lovers, doing a downward dog at the start of the lunar cycle is said to align your body and boost your feeling of inner zen. These full moon yoga sessions are a blend of Hatha, Vinyasa and meditative yoga. **For reservations call the Talise Spa on 04 366 6818 or go to www.jumeirah.com/mjtalise**



New Beauty Drink

OCÓO, is a German invention and the world's first natural beauty drink and apparently it is the result of years of extensive research by a team of dermatologists, nutritionists and scientists. It's filled with cranberry, pomegranate, red grapes, aronia, and acai. The exotic blend of red and blue berries is a delicious way of getting a healthy dose of vitamins that are scientifically proven to rejuvenate from within, and promote healthy hair and skin. This potent drink comes in a sleek 100% recyclable aluminum fusion bottle.



tweet

us a pic of you doing a challenging yoga posture and we might feature it in our next issue! @yogalifeme



LIGHT UP YOUR LIFE

A new machine called Lucia No. 3, which offers a transformational light therapy experience, has arrived in the UAE. Clinical psychologist Dr. Engelbert Winkler and neurologist Dr. Dirk Proeckl from Austria developed the Lucia Hypnagogic Light Machine. After the realization that near-death experiences can improve health or trigger spontaneous healing, they developed this beneficial light machine. Research shows that the pineal gland of the brain perceives brightness through closed eyelids. In death, it secretes dimethyltryptamine (DMT). This substance is also

secreted during childbirth and in an advanced state of meditation. It is also the central active substance in a South American plant known as 'liana of death'. Indigenous healers claim that by consuming the plant they can reach a dimension of light where all healing starts. All you need to do is close your eyes, sit back and relax. While using a Lucia No 3 machine, clients report seeing lots of colour and shapes while some claim it is like a spiritual out of body experience. Afterwards many have very vivid dreams and an increased sense of self-awareness. *For more information or to book a free trial go to www.clearlightfoundation.com.*

“Do what you say, **say what you mean** and **mean what you say**. And from there you cultivate trust. It's what you 'do' **when no one is looking, that counts**”

— Amy Elias

Vrksasana

Meaning

vrksa: tree
asana = pose

Benefits

- Strengthens thighs, calves, ankles and spine
- Stretches the groin, inner thighs, chest and shoulders
- Improves sense of balance
- Relieves sciatica and reduces flat feet

Tips

- You can stand with your back braced against a wall if you feel unsteady.
- Challenge your balance by practicing this pose with your eyes closed. Learn to balance without any reference to the outer environment.
- For those who have tight groins and inner thighs, lifting the bent knee too high may cause the spine to become swaybacked.

Chakra

Muladhara Chakra

To govern survival, security, safety issues and primal urges. Highlights your connection with the earth's energy.

CROWN

Relax your face and allow your attention and energy to radiate, connecting you to the earth, helping you to experience stillness.

HANDS & SHOULDERS

Press your hands together in Anjali Mudra. Gaze softly at a fixed point in front of you on the floor about 4 or 5 feet away.

HIPS & TAILBONE

Square your hips forward facing. Tuck your tailbone in and down towards the ground.

THIGHS

Firmly press the lifted foot sole against the inner thigh and resist with the outer left leg.

LEGS & FEET

Fan out the toes and ground the ball of the big toe and little toe, as well as the front of the heel. Make sure the knee of the standing leg is facing straight forward.

This shot was taken in front of Canada's Waterfall building, in Vancouver.