

contributors



ROBERTO MILLETTI

Founder of Rome's Odaka Yoga, Roberto compiled the 'Warrior flow' sequence on page 44. He teaches an innovative form of yoga, blending martial arts, zen and traditional asanas and will be a special guest at the Abu Dhabi Happiness and Yoga Festival in April. Visit www.odaka.it



LAUREL BEVERSDORF

A New York City-based yogi, Laurel leads YogaWorks teacher trainings, anatomy workshops and Yoga Tune Up therapeutic workshops around the world. A body and movement educator, Laurel's vivid and direct instruction focuses on nuts and bolts anatomy.



JAYA GOYAL KUMAR

Founder of Yogaspace, Jaya has held workshops and classes in India, Canada and the UAE. She is the only 500-hour master-level teacher of transformational hatha yoga in the Middle East and has set up an online store to showcase traditional Indian arts. Visit www.yogaspaceme.com



THIBA SHARAF

Thiba is a Dubai-based reiki master teacher who has treated everything from terminal illness to depression and even heartache. Thiba's motto in life is: The universe has a master plan for you. Trust the process, let go and it will all work out. Visit www.reikitouchdubai.com



CERI MCVITTIE

Ceri is a life and executive coach who uses a holistic approach to help people lead the life they want. Focusing on the mind, body, heart and soul, she links fitness and nutrition as well as yoga practice and philosophy to her coaching approach. Visit www.yourabsolutelife.com



MAYANK DHINGRA

Mayank is fascinated with the history and etymology of asanas and believes the rich tradition offers an important key to understanding the inner essence and working of the asanas. He is currently working on his book about yoga mythology. Visit www.yogasmitri.com