

The yoga-lution: six diverse yoga practices to try in the UAE

April 21, 2016

As the world's fascination and passion for the ancient art of yoga continues to boom, so too have the many disciplines and styles, some of which are a far cry from the original practice. While it might make traditionalists shake their heads in dismay, with benefits that include stress relief, increased strength and flexibility, weight loss and more, it's hard to argue with anything that gets you moving, breathing and being more mindful. From yoga with therapy balls and glow sticks to hanging out on inversion ropes, the below are some of the latest forms cropping up across the UAE.



Jeffrey E Biteng / The National

3 Yoga Tune Up

What is it? "Yoga Tune Up is a fitness therapy that uses pliable rubber therapy balls for self-massage," explains instructor Emilie Goldstein. "It helps eradicate pain, improve posture and enhance performance through corrective exercises, yoga poses and rolling the body with the balls, which are designed to give you a targeted deep-tissue massage."

Where does it come from? It was created by the Los Angeles-based fitness expert, and the author of *The Roll Model*, Jill Miller, who drew from more than 20 years of experience in yoga and movement.

What to expect: Lots of deep breathing combined with therapy-ball massage – even the feet, neck and face get a look in. Mobility training, yoga postures and a 10-minute guided savasana (relaxation) are also included.

Why try it? "It's hygiene for your joints and tissues," says Goldstein. "Myofascial release via self-massage improves breathing, promotes blood circulation, rehydrates tissues and reduces tension. Coupled with mobility work, you'll move better, recover faster and reduce pain."

Difficulty rating: Low

Where to go: Try Goldstein's classes in Dubai at Zen Yoga (www.yoga.ae) or Optimal Fitness Studio City (www.optimalfitness.ae). Look out for her targeted workshops across the UAE, from Yoga Tune Up for Mammahood to Banishing Back Pain. For more information, visit www.emsyoga.net



Related

- Time to stop making excuses and embrace the power of exercise
- The rhythm of life: seven dance classes to try in the UAE
- Fight the good fight: a look at the region's first UFC gym in Dubai
- 5 cool fitness classes to try in Abu Dhabi and Dubai

More from Arts & Life



Prince through the years - in pictures



A look at the most impressive engagement rings in history



Chanel takes the quilted matelassé pattern to its jewellery – in pictures

More from The National



Dh3om buys you Dubai's 'coolest' penthouse - in pictures



World in focus - best photos for April 21, 2016



Liverpool inflict more misery on Everton to claim Merseyside bragging rights - in pictures

Most viewed



Dh3om buys you Dubai's 'coolest' penthouse - in pictures



Safari park opens in Al Ain - in pictures



World in focus - best photos for April 20, 2016

Leave a reply

Comment

[Log in to add a comment](#)

No comments

Subscribe to Receive 1100+ Vouchers
 With The National for AED 300

To Subscribe, please call us on **8002220** or visit www.tawzea.ae

توزيع تاونز
Tawzea

TheNational

FOLLOW US

