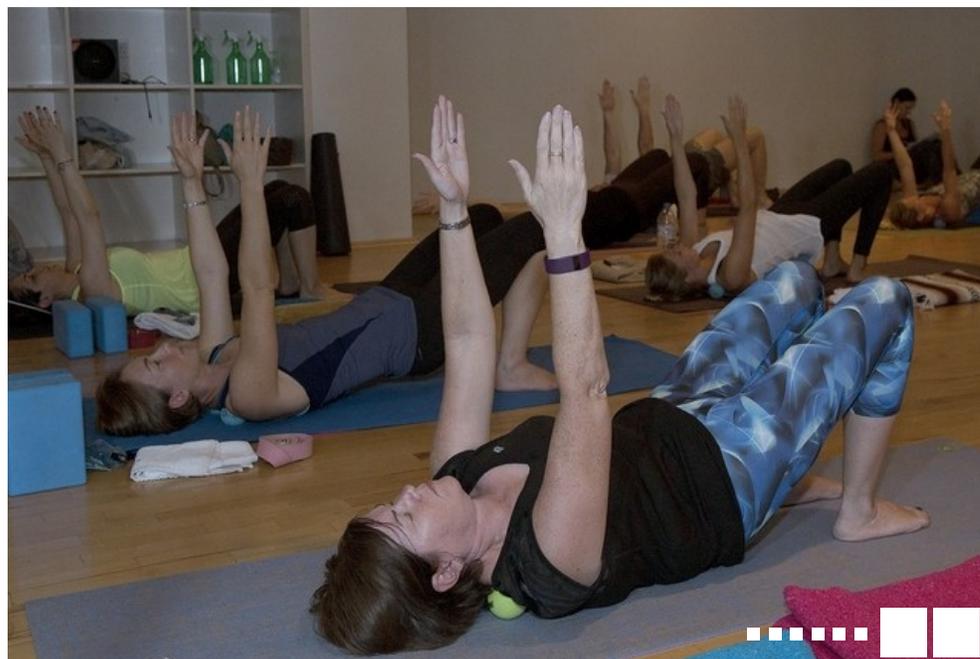


## The yoga-lution: six diverse yoga practices to try in the UAE

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](http://www.yoga.ae)) or Optimal Fitness Studio City ([www.optimalfitness.ae](http://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](http://www.emsyoga.net)



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