

Body Blitz

योग

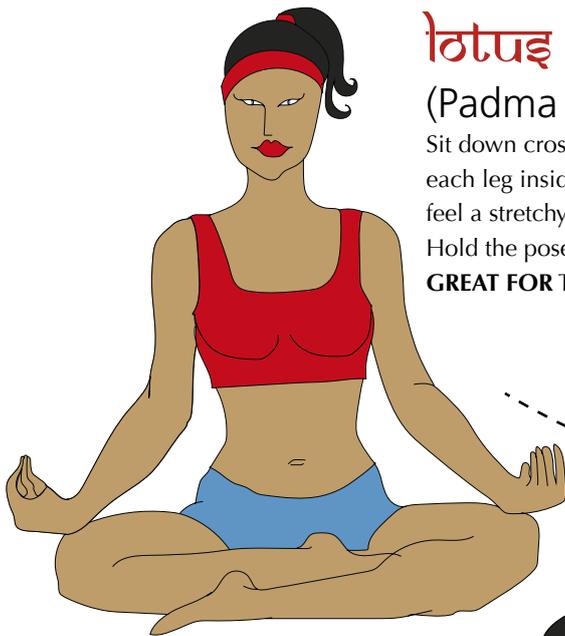
Yoga is a practice that 'yokes' the physical, mental, and spiritual aspects, but nowadays its popularity has extended beyond the prospect of lissom bodies to the promise of agile minds and overall health prevention. Research in the *Harvard Business Review* claims that in a study, Yoga was 40 percent more effective in curing cancer, schizophrenia, asthma and heart disease – when used as a complementary therapy – than treatment without support from Yoga. So take a deep breath, grab a mat and commit to these do-it-yourself Yoga asanas (poses) at home to improve cardiovascular health, regulate metabolism and increase overall flexibility. **Devleena Chatterjee** reports.

पद्म पोज़े

(Padma Asana)

Sit down cross-legged on a mat and pull up each leg inside the crease of the other, till you feel a stretchy feeling on each ankle muscles. Hold the pose for 10 counts. Then repeat.

GREAT FOR The abdomen, the back and legs.

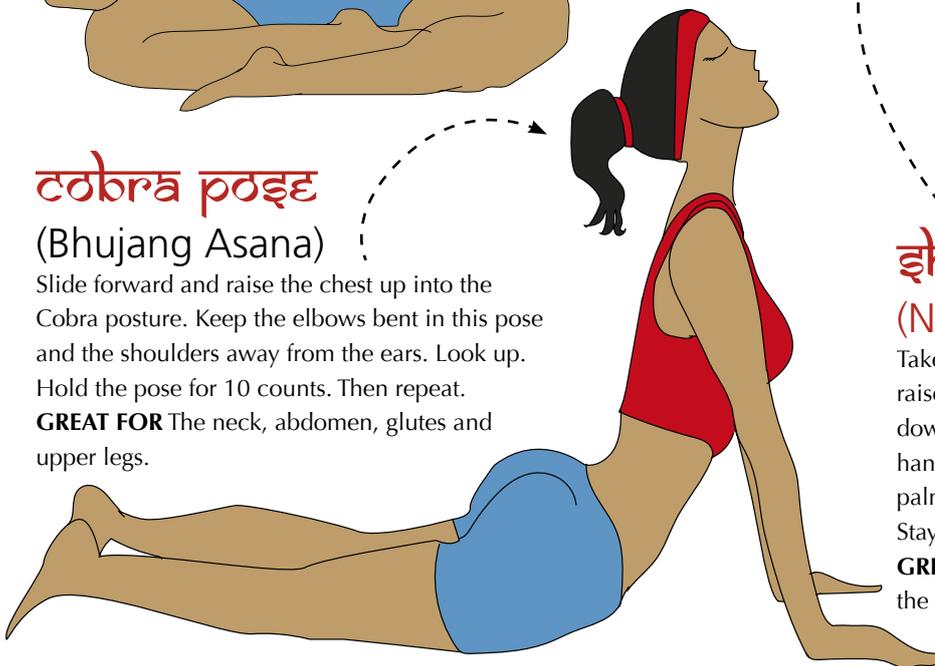


कोब्रा पोज़े

(Bhujang Asana)

Slide forward and raise the chest up into the Cobra posture. Keep the elbows bent in this pose and the shoulders away from the ears. Look up. Hold the pose for 10 counts. Then repeat.

GREAT FOR The neck, abdomen, glutes and upper legs.



शूटिंग स्टार पोज़े

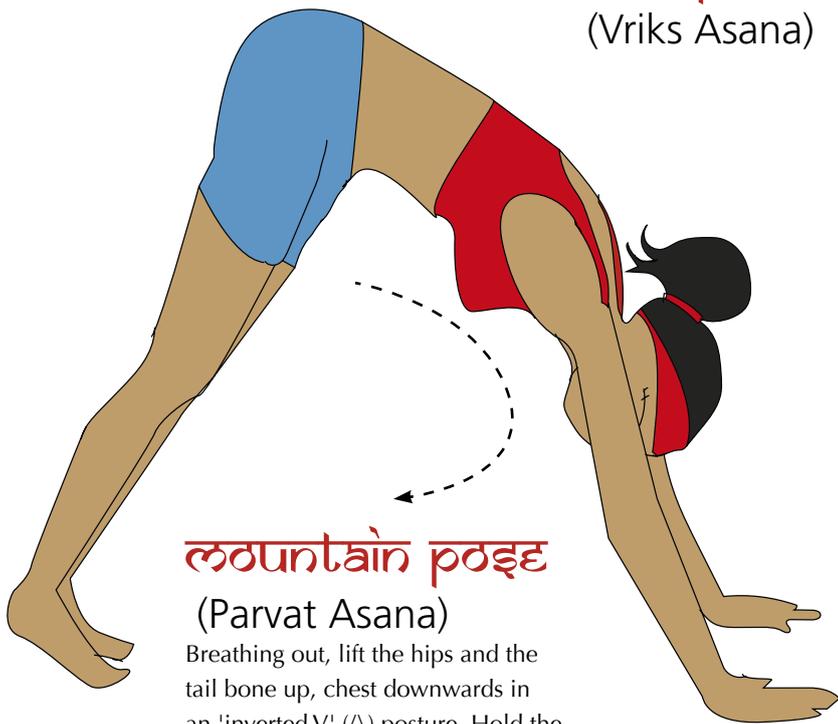
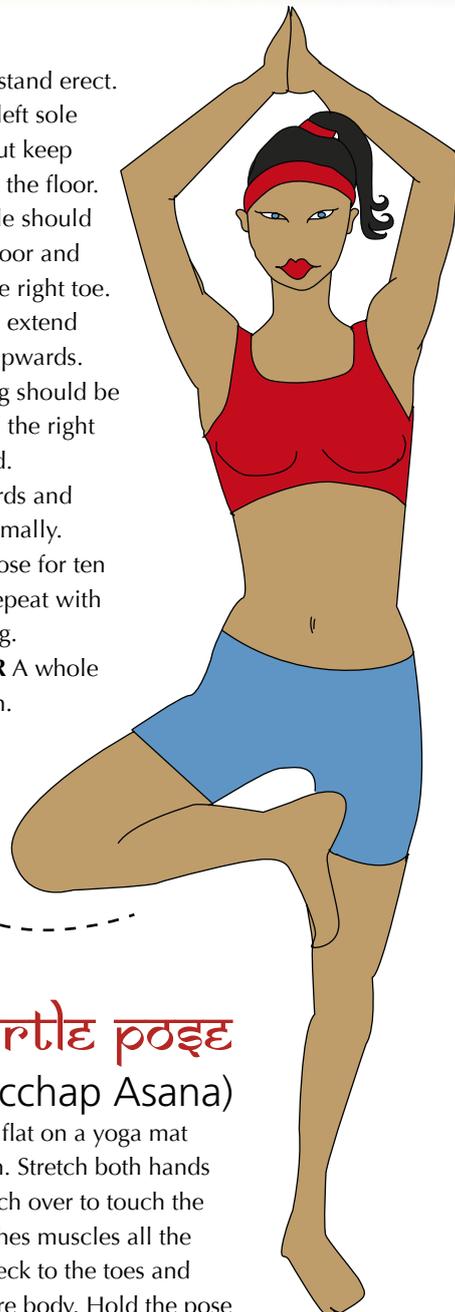
(Nakshatra Asana)

Take a deep breath and sit cross-legged. Now, raise the hands upwards above the head. Bring down the hands to the sides while exhaling. The hands should be in the "V" position. Open your palms, but fingers should not touch each other. Stay in this position for several seconds.

GREAT FOR The glutes, the back, the neck and the chest.

tree pose (Vriks Asana)

Inhale and stand erect. Extend the left sole upwards, but keep your toe on the floor. Your left sole should be on the floor and touching the right toe. To balance, extend the hands upwards. The right leg should be straight and the right knee locked. Look upwards and breathe normally. Hold this pose for ten seconds. Repeat with the other leg.
GREAT FOR A whole body stretch.

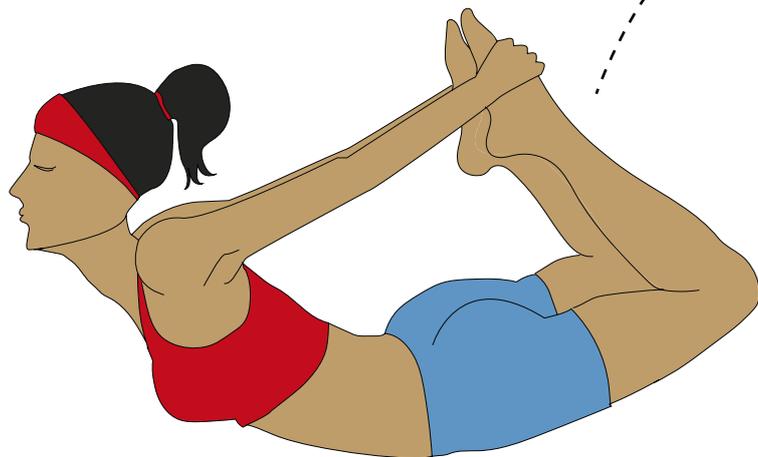


mountain pose (Parvat Asana)

Breathing out, lift the hips and the tail bone up, chest downwards in an 'inverted V' (∧) posture. Hold the pose for 10 counts. Then repeat.
GREAT FOR The neck, back and legs.

half turtle pose (Ardh-Kacchhap Asana)

Start with lying flat on a yoga mat belly side down. Stretch both hands behind and reach over to touch the toes. This stretches muscles all the way from the neck to the toes and relaxes the entire body. Hold the pose for 10 counts. Then repeat.
GREAT FOR The glutes, hamstring, upper arms and neck.



WHAT THE EXPERT SAYS

Emilie Mikulla, Integrated Yoga Tune Up® teacher, E-RYT and Pilates instructor

WHY I DO IT? Yoga allows me to recapture my postures, strengthen my entire architecture and of course breathe better. Beyond the physical benefits, a few minutes on the mat can do wonders to regulate my nervous system, ease emotional distress and promote better sleep. Yoga also equips me with invaluable tools, such as focus, patience and awareness that can prove useful to tackle the challenges that I face off the mat.

YOGA ON MY MIND I see yoga growing exponentially in the region and slowly gaining traction and popularity. I was recently in Jordan to teach and the Yoga community there is flourishing. In Dubai, studios are mushrooming and the variety of classes available is incredible. For example, I teach Yoga Tune Up®, a combination of self-myofascial releases using therapy balls and mobility training. Even though this is new to the region, I can see there's a fast growing interest.

www.emsyoga.net ■



*Illustrations by Devleena Chatterjee