

# ZenYoga June Update....

## Features in June....

- SUMMER SPECIAL
- The 5 Points of Yoga
- YogaWorks 200 hour, 4 week Teacher Training Course

## Whats on in June/ July....

### Balanced Body Pilates Mat & Ball Workshop



**Price:** AED 550 payable to ZenYoga  
**Manual:** AED 100.00 (Payable to Laura)  
**Date/Time:** Saturday, June 1st/ 1 ~ 5pm  
**Location:** Zenyoga, Dubai Media City Studio

### PUBLIC HOLIDAY - Al Isa'ra Wal Miraj



Please be advised that ALL ZenYoga studios will be closed on Thursday 6th June 2013 in respect of Al Isa'ra Wal Miraj . All classes will resume on Friday 7th June.

## SUMMER SPECIAL

**SALE** **SUMMER SPECIALS**  
Buy a 5 class Yoga or Pilates Mat/ Reformer group class package and get 2 FREE classes  
Offer valid 1<sup>st</sup> June - 31<sup>st</sup> August ONLY

Don't use the heat as an excuse to stop your practice this summer. Embrace it and join us in our air conditioned studios, located in 3 convenient locations across Dubai.....

- Dubai Media City 04 3670435
- Emirates Hills 04 4224643
- Jumeirah Town Centre 04 5492933

**Buy a 5 class Yoga or Pilates Mat/ Refromer group class package and get 2 FREE classes (valid 1st June - 31st August)**

## The 5 Points of Yoga

### SIMPLE LIVING AND HIGH THINKING

Is there more to the life that we live? Is there a purpose that maybe requires a resilient will and an acute intellect to understand our spiritual exploration? Swami Vishnu-devananda offers the simplistic approach of the 5 point system of Yoga to know and understand that we are not born to grow, to merely suffer, undergo change or disease and then decay and die. Following are the points:-

- 1) PROPER EXERCISE
  - 2) PROPER BREATHING
  - 3) PROPER RELAXATION
  - 4) PROPER DIET
  - 5) POSITIVE THINKING & MEDITATION
- \* PROPER EXERCISE (ASANA)



## Koh Samui Yoga Retreat



Travel to Koh Samui, Thailand, the island of natural beauty, charm and serenity.....

**Dates :** 16th June 2013

(check in)

20th June 2013 (check out)

**Cost:**

AED2500

Vinyasa, African drums and Thai Massage Class With Liz Terry and Sandy Joy Rubin



**Date:** 21st

June

**Time:** 7 -

9pm

**Price:**

AED200

**Location:**

Zenyoga Dubai Media City

JULY: Ashtanga Yoga Retreat in Ibiza

Our body is designed for mobility along with stability. If our lifestyle does not encompass a form of exercise that rejuvenates our nervous system, then the body becomes inactive and lethargic, not to mention the mind dull. Yogic asanas are different from other physical exercises which focus on strenuous movements building up lactic acid in the muscle fibres, which in turn causes fatigue.

Outward muscular structural appearance need not necessarily mean a healthy body. Health is a state where in all the bodily organs function properly with intelligent control of the mind. Yogic asana coupled with breathing techniques focus on achieving strength and flexibility in the spine which promises good bodily flexibility and blood circulation. Performed slowly and cautiously the asana go beyond providing merely physical benefits.

### \* **PROPER BREATHING (PRANAYAMA)**

Often people wonder why they get tired so easily. One of the reasons is due to improper use of the maximum capacity of our breathing abilities. Mostly people use only a fraction of the potential lung capacity. Yogic breathing exercises are called pranayama. Full Yogic breath is one of the practises when performed correctly and with awareness, helps best. On the inhalation, the abdomen expands outwards, then the rib cage, then the upper portion of the lungs. On the exhalation, the abdomen caves in first followed by the rib cage. Once we regulate our breathing, we can regulate our prana or life force energy, hence the physical body.

### \* **PROPER RELAXATION (SAVASANA)**

Savasana, as we know now, is a very significant part of our practice allowing the body to rejuvenate and recharge itself as nature desired. Physical relaxation is achieved with the mind sending messages to the muscles to relax. Mental Relaxation involves calming the mental tensions with pure awareness on the breath. Spiritual relaxation encompasses withdrawal from the body and mind and detachment from ego in order to alleviate emotions such as anxiety, fear, anger, sorrow, and other mental tensions.

### \* **PROPER DIET**

The sun is the vital source of energy for all life forms on our planet. The plants are directly nourished by the sun hence have the greatest life-promoting properties. Plants are consumed by animals which are then eaten by other animals hence the quality of protein diminishes as one travels along the food chain. The focus should be on quality versus quantity and then a diet which aids digestion and proper assimilation should be chalked out. Healthy mixes of nutritional requirements include protein, carbohydrate, vitamins, minerals, fats and fibre. The yogic diet consists of that which renders the mind sharp and agile, hence foods that are overly stimulating like coffee, onions, garlic, alcohol or drugs are avoided. Any change in the diet should be approached gradually in order to make the transition as smooth as possible.

### \* **POSITIVE THINKING & MEDITATION**

What we think is what we are. Positivity draws vibrant energy, happiness and a joyful state of the mind and hence the body. Allowing the mind to concentrate inward is another aspect. When the mirror is dusty, one sees the reflection as a hazy unclear picture, however when the mirror is clear from any dust, one sees himself.



**Date:** 1st – 8th July 2013

**Location:** Lotus Pad,

Ibiza Cost:

GBP 550 shared ROOM

GBP500 shared TENT

**Included:** Breakfast &

dinner, Room,

Yoga **Not included:**

Flights, Transfers,

Personal expenses, Car

or bike hire

**Surf & Soul Yoga**

**Retreat to Sri Lanka**



**Date:** 12th - 20th July OR

31st August - 6th

September 2013

zenyogaworks.com

Similarly when the mind is clear of thoughts wavering on external objects, one sees and acknowledges the SELF. Meditation cannot be taught, just like sleep cannot be taught. Guidelines can be given; eventually it is a state which one falls into wherein perfect concentration is experienced.

The practise of Yoga calls for a life of self-discipline to the best of our ability. If the above is taken into moderate consideration, one can live a comfortable, healthy and fulfilling life.

**By Diana Azavedo**, Hatha and Prenatal Yoga Teacher @ Zen Yoga  
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## YogaWorks 200 hour, 4 week Teacher Training Course

We are so happy to be hosting YogaWorks in our studios all through June! Thank you to Liz Terry from [www.satyafloowyoga.com](http://www.satyafloowyoga.com) for organising this event and choosing to partner with ZenYoga. Good luck to all the students and we support you whole heartedly. Namaste...