

# ZenYoga May Update

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## Events in May

Yoga for a natural birth and an introduction to Hypnobirthing



**Date:** Saturday, May 4th  
**Time:** 2 – 4.30pm  
**Studio:** ZenYoga, Dubai Media City Studio  
**Cost:** AED 175 pp

Balanced Body  
Pilates Reformer 1  
Teacher Training

## Is it time for Savasana (शवासन)?

Savasana is practiced at the very end of every Yoga class. After an 80 minute vibrant Hatha or Vinyasa flow, the lights get dimmer, the music fades in the background, the voice of the instructor lowers & the final closing posture has arrived. Can we skip it to get on with our



shopping list? Is it only 45 seconds worth? Is it important and required at all? Savasana is one of the most important aspects of our yogic practise, and sometimes considered challenging due to the complete stillness as compared to the various movements (asanas) prior to it. We have forgotten that nature's way of recharge is rest and relaxation. The body is constantly overworked throughout its daily activities. And our energy is sometimes spent in keeping the muscles continuously ready for work than actually doing the work itself. In complete relaxation, very little energy (or prana) is consumed, hence it is conserved. Often known as corpse pose or mitra pose, the body is relaxed back on the mat, hands by the side of the hips, palms face upwards and feet stretched out. Options include placing a bolster underneath the knees, folded towel underneath the head & maybe even a fancy eye mask reading - Just gorgeous. There are varying ideas as to how long one should remain in Savasana. Generally, at least until the heart rate and breath rate return to a resting rhythm, which may be different for each person, hence 8-12 minutes is good enough time. During this time, one breathes abdominally, as this is very natural in the horizontal position causing the rate of breathing to slow down. Will your muscles to relax. Simplistically speaking, following are some

Ø TRY NOT MOVE - Even the thought of movement stimulates the entire nervous system which sabotages relaxation. Hence make yourself comfortable from the start and stay relaxed as you are.

Ø TRY NOT SLEEP - If you doze off or lose consciousness, the motor neurons become active and on guard hence stimulating the nervous system again just as in movement. If you can't help but drifting off to sleep, then try placing the feet



**Pre-requisite:** 2 years experience teaching movement, anatomy, 30 Pilates Reformer classes or personal training sessions

**Dates/ Times/ Studio:**  
Friday May 10th / 12.30 – 6.30pm/ JTC

Saturday May 11th /

12.30 – 6.30pm/ JTC

Saturday May 18th /

12.30 – 6.30pm/ JTC

**Course Cost:** AED 2200 (payable to ZenYoga)

**Manual Cost:** AED 200 (payable to Laura)

## BackBending Workshop



**Date:** 24th February 2012

**Time:** 1:30pm – 3:00pm

**Location:** DMC

**Studio Cost:** AED 85.00

**Level:** Anyone with some Yoga experience

closer together or hands closer to the body.

Ø POTENTIAL HAZARD - If you do not feel a sense of calm and clarity when you lie down to relax, you are experiencing “relaxation-induced anxiety”. In this case, do not simply lie there and suffer in that silence, instead sit up in a comfortable posture till the class comes to an end. Try again next time. The body is allowed to assimilate all that it has gone through for the past hour or so and the nervous system is now allowed to digest this before moving on the usual activities of daily life. To come out of relaxation, the approach is gentle and nurturing, by first wriggling the fingers & toes, stretching the entire body out from the top to the toes and toes to the top; rolling over onto one comfortable side and then sitting up slowly.

By Diana Azavedo, Hatha and Prenatal Yoga Teacher@ZenYoga

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## Look after your liver!

The fast paced lifestyle led by many in Dubai can put quite a burden on your liver; with too much food, caffeine, alcohol, sugar, stress, and environmental toxins all contributing to a tired and over-processed liver. It is the second largest organ, after our skin and it performs a number of essential jobs but the primary role is that of detoxification. It continuously transforms harmful, toxic substances



into less harmful versions so that they can be safely excreted from the body. How we live and treat our livers make this job either easier or more of a challenge. The liver can regenerate up to a point but if it is continuously beaten then our liver cells may be replaced by fat cells, resulting in a fatty liver and this is not what you want! You can start reducing the load on your liver by minimizing those stressors mentioned above, even simply swapping your daily coffee for a green tea will reduce the toxic load, as well as boosting antioxidants. Another great way to keep your liver happy is to include vegetables rich in sulphur, an element required to produce the potent antioxidant glutathione. This antioxidant is paramount in liver detoxification so have a daily dose of garlic, onions and cruciferous vegetables such as broccoli, cauliflower, cabbage and kale. Boosting leafy greens will also relieve the workload of the liver, as their high chlorophyll content neutralizes heavy metals and environmental toxins, removing them from the bloodstream and assisting with liver detox. So to give your liver a boost, why not try starting your day with a green smoothie? Go for variety and rotate the greens you use to maximize nutrient density such as spinach, mustard greens, beet greens, collard greens, dandelion greens, bitter melon, arugula and chicory.

**Lotus Flow Workshop Series with Mary Dana Abbott**



\* Click on the picture for full details

Treat your liver well and look forward to a happier, healthier, longer life!

By Victoria Tipper  
MSc Nutrition, BSc Genetics



ZenYoga is happy to be in support of this unique and exciting **Ashtanga Yoga Retreat in Ibiza with Laura Farrier**. As our resident Ashtangi, ZenYoga is happy to recomdn and supprot this amazing retreat.



ZenYoga is happy to be in support of this awesome **Koh Samui Yoga Retreat, in Thailand, led by the amazing mother and daughter team, Marcellene and Diana Azavedo**. Many of you will know them from their beautiful Hatha classes that they teach at ZenYoga.



*YogaWorks 200 hour Teacher  
Training*

*Yapana Foundation with  
Leann Carey*