

September Update....

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Workshops and events.....September and October

Backbending Workshop with Laura Farrier



The poster for the 'zenyoga Backbending Workshop with Laura Farrier' is for a session on September 7th, 10am-12:30pm, at the ZenYoga studio in Dubai. It features a photo of Laura Farrier and several images of people performing backbends. The text describes the benefits of backbending, such as opening the chest and lungs, and improving posture. It also mentions that the workshop is suitable for all levels and includes a Q&A session.

Date: 7th September

VOTE 4 US: Whats On Awards 2013



We are so excited to have been shortlisted for a "Whats On Award". Please spend 5 minutes and vote for ZenYoga!! Go to www.whatsonawards.com Big thanks!!!

What is Pranayama? Why is it important?

Hatha-Yoga comprises of pranayama and asanas (bodily postures). We focus on pranayama in this article.

The Sanskrit word "prana" means 'cosmic energy' or 'vital force'. It also signifies 'life' or 'breath'. "Ayama" means control of this prana. Hence pranayama means the control of vital force by concentration and regulated breathing. Without prana, there can be no life, for it is the soul of all force and energy. It lives in each living being and thought is the highest and most refined action of prana. As we breathe, the movement of lungs inhaling air is the expression of prana.

Pranayama is not simply the breathing, but the control of the muscular force activating the lungs.

Every living being can easily absorb prana through fresh air in the process of 3 kinds of breathing- normal, deep and controlled yogic breathing. With normal breathing, the amount absorbed is normal. With deep breathing, the volume absorbed is increased and with controlled Yogic breathing we are able to store a large quantity of prana in the brain and nervous centers. This may be used in emergency moments in life when we have to overcome unexpected difficulties. This store of prana also builds up our resistance to



Time:

[illegible]

Chaturanga Workshop with Liz Terry

zenyoga

Chaturanga Workshop with Lili Terry

Date: 10/29/2017 **September & Friday 22nd**
November
Time: 12pm - 2:30pm
Location: OMU Studio
Cost: \$25.00

Have you ever wondered if you're doing Chaturanga correctly? Or one pose we breathe through that, that's rarely ever explored...until now?

You will also gain your very own insight into how to jump into Plank rather than into Chaturanga through the Vinyasa?

Chaturanga is a pose we do over and over again in our Vinyasa & Ashtanga Practices, and wouldn't it be wonderful to have a deeper understanding of this pose? Lili Terry is a Yoga Teacher (EFT300) who began practicing Vinyasa Flow Yoga in 2004. She moved to Los Angeles in 2010 and began her Yoga Teacher Training in 2012 and finished the year in 2013. She has been teaching Vinyasa Flow Yoga for over 10 years. Having a vinyasa yoga practice has helped her to calm and find inner peace and has helped her manage the challenges of life. She has been a guest instructor in Los Angeles & San Francisco at Lili Terry's Yoga Studio, and has been a guest instructor in California, Arizona, and New Mexico, and has been a guest instructor in Washington DC, Texas and Colorado.

Call 562.353.4854 for details, or email lily@lilysteynyoga.com

Donor photos by: 360 Wellness, OMU Studio, & Lili Terry's Yoga Studio

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Transformational Yoga

By Diana Azavedo, www.radianceofyoga.com

Yoga Posture of the Month: Ardha Chandra Chapasana (Sugar Cane Posture)

Where does Sugar Cane fit in? Who knows but its a beautiful variation to explore once you are stable and balanced in Ardha Chandrasana.

A balancing posture which creates strength in the stabilising leg and core, while offering a powerful heart opener and asymmetrical backbend.

Inhale reach forward

Step 3: Inhale to lift back leg up to hip height, point or flex foot, reach other arm up to the sky (directly above you're supporting arm or keep hand on waist). You are in Ardha Chandrasana)



with Emily Gilchrist



Date: Friday 27th September
Time: 12pm – 2:30pm
Location: DMC Studio
Cost: AED 250
Level: All levels welcome

Sequencing Workshop for Yoga Instructors and daily Vinyasa Flow classes with Julie Martin



Sequencing workshop: 17th - 19th October
Daily Vinyasa classes: 17th - 23rd October
Location: DMC Studio

Sacred Dance with Julie Martin



Date/Time: Wednesday 23rd October/ 6.30 –

Option to stay here, breathing, finding your balance, steady gaze to the floor or top hand.

Step 4: Exhale bend the floating knee, grab foot and Inhale push the foot into the hand. You are in Ardha Chandra Chapasana :) If you are here, its helpful to take the supporting hand to the side, rather than exactly under your shoulder!

Modifications:

If finding your balance in the centre of the room is challenging, use the support of a wall behind you and follow Steps 1 -3 and open yourself into Arha Chandrasana.

Where ever you are, practice with awareness and patience. Breathe deeply and be open to new physical possibilities.

By **Melissa Ghattas**, Yoga Instructor , 500+ hours | Yoga Alliance Certified

Pilates Move of the Month

This is a great exercise to engage your core muscles. In addition it strengthens the lower back, gluteus (buttocks) and hamstrings, as well as mobilising the spine.

- 1. Start:** Lie on your back, with knees bent and hip distance apart.
- 2. On the Inhale:** engage in your core & gluteus (buttocks)
- 3. Exhale:** roll the spine off the mat.
- 4. Inhale:** hold
- 5. Exhale:** roll back down through the center of your spine.



By **Tracy Kotecha**, STOTT Pilates Instructor

Lactose intolerance or bacterial imbalance?

8pm **Location:** DMC
Studio

**Traditional Ashtanga
Vinyasa Workshop With
Ajay Kumar from
Mysore, India**



Dates/ Times: **Thursday**
24th October 6 -
8pm **Friday**
25th October 8 - 10am, 1 -
3pm and 4 -
6pm **Saturday**
26th October 8 - 10am, 1 -
3pm and 4 -
6pm **Location:**
DMC Studio



The inability to process milk, or specifically its sugar lactose, is one of the most common food intolerances experienced amongst adults nowadays. The scientific explanation has always blamed a lack of the enzyme lactase to break down the sugar. However, many sufferers may not be truly lactose intolerant from a clinical perspective. In fact this may all be due to imbalances in our gut flora. We need some of the bacteria housed in our gut to metabolise lactose, specifically the good bacterial strain bifidobacteria. Such bacteria can be killed off as we age due to overuse of antibiotics, steroids, bad diet, stress etc. So look after your gut, eat a diet rich in prebiotics (foods that fuel your friendly bacteria) such as artichokes, garlic and onions and steer clear of foods that the bad bacteria will thrive on such as sugar and nasty processed foods!

By Victoria Tipper, Nutrition Coach, victoria@dubaihtc.com, Dubai Herbal & Treatment Centre, www.dubaihtc.com

Bi-monthly "Yin -Tensive" class with Penny

Love

Day: every 2nd and 4th
FRIDAY of each month

Time: 8.30 – 9.45am

Venue: Emirates Hills
Studio

zenyoga
Bi – Monthly “Yin-Tensive” Class
with Penny Love



Day: every 2nd and 4th FRIDAY of each month
Time: 8.30 – 9.45am
Venue: Emirates Hills Studio

YIN-TENSIVE...
Yin Yoga perfectly complements a Yang practice whether it is Vinyasa, Ashtanga or Hatha Yoga and practicing yin before yang will make you feel centered and light. In Yin, the poses are held for longer allowing a slow, deep stretch concentrating on the connective tissues that surround the joints, with particular emphasis on the hips, pelvis and lower back. The elasticity of the connective tissue diminishes with physical activity and age; therefore **Yin Yoga** is a wonderful practice for injury prevention and joint health.
Yin Yoga is a still practice that allows you time to connect with the breath and go within, encouraging a sense of calmness and wellbeing. So, give yourself permission to surrender.*Emerge feeling renewed!*



Penny has been practicing yoga for 15 years. She is Yoga Arts 200hrs trained and has taken teacher training intensives with Max Strom and in Yin Yoga. She is also a certified children's yoga teacher (Yoga Bananas UK). Yoga has no age limit! It can be practiced by anyone of any age. The practice of yoga is a wonderful opportunity to allow ourselves 'time out' from our busy lives".



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