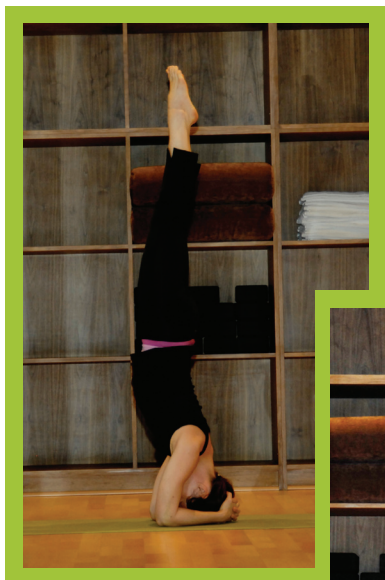


Practicing Yoga

Internationally acclaimed dancer, choreographer, stage and production director Nadine Thouin is renowned for her boldness and creativity. Her momentous career spans 25 years, encompassing 26 productions performed in over 20 countries. As General and Artistic Director of Go-On Productions, she is always on the lookout for projects and challenges that will take her to the next level. She choreographed and directed 26 productions, among the most successful is the Documentary Film -BONE and the Animated 3D Film 300. Within all her trail blazing success is being the Yoga Master at Zen where she enthusiastically showed Networker the Sivananda Yoga, the Yoga of Synthesis.

Yoga has always been a pleasure for Nadine; she wanted everybody in Dubai to experience its positive effect. Especially those who are facing the everyday stress of work. As Yoga regards the body as a vehicle for the soul on its journey towards perfection, Yogic physical exercises are designed to develop not only the body; they also broaden the mental faculties and the spiritual capacities. The Yogic physical exercises are called Asanas, a term which means steady pose. This is because the Yoga Asana (or posture) is meant to be held for some time. However this is quite an advanced practice.

The Guru thoroughly demonstrated it to us: In these postures we focus on the health of the spine, its strength and flexibility. The spinal column houses the all-important nervous system, the telegraphic system of the body. By maintaining the spine's flexibility and strength through exercise, circulation is increased and the nerves are ensured their supply of nutrients and oxygen. The Asanas also affect the internal organs and the endocrine system (glands and hormones). The practice of the 12 basic postures brings out the essence and all major benefits of this wonderful system.



HEADSTAND (SIRSHASANA)

Method: Straighten your knees and lift your feet up toward the ceiling. Support your weight by bracing your elbows against the ground. At first, hold the Headstand for 30 seconds; as you become more skilled at adopting this pose, gradually increase the time to 3 minutes. Always come down before you start to feel tired. Leave the pose slowly and under control (see below). Head in Hands: Rest the back of your head against your hands. Relax, breathing through your nose. Caution: You should leave this Asana as carefully as you entered it. Do not move jerkily or quickly, or you may lose control and fall. Bend your knees and lower them. Straighten your legs. Bring your feet to the ground, and then lower your knees. Lower your body so that your buttocks rest on your heels as in the Child's Pose. Finally, relax your hands and return to the full Child's Pose. Do not lift your head up straight away. Rest for at least a minute. Relax in the Corpse before continuing.



SHOULDERSTAND (SARVANGASANA)

Method: A. Legs in the air: Before beginning the Shoulder stand, make sure that there is enough room behind you. You must be able to stretch your arms out behind your head and have at least 30 cm (1 ft) between your fingertips and any obstructions. Lie flat on your back, with your feet together. Inhale while bringing your legs up to a right angle. B. Moving Up. Tuck your hands under your buttocks, with your fingers pointing toward your spine. Then, as you exhale, gently raise your body by letting your hands walk down your back and push you into position. C. In Balance. Continue to move your hands up your back until you rest on your shoulders. Breathe normally, and keep your legs straight. Hold for 30 seconds; as the pose becomes easier, increase the time to 3 minutes. To come down, drop your feet halfway to the floor behind your head. Put your hands on the floor. Unroll your body vertebra by vertebra to the floor: Hand position: Put your hands on the small of your back, with your fingers toward your spine.



PLOUGH (HALASANA)

Method: Come up into a Shoulderstand, and inhale deeply. Exhale while lowering your feet to the floor behind your head. Legs Down. Rest your toes on the floor, and then lay your arms down flat. Hold for 30 seconds at first, but aim to build up to 2 minutes. If you cannot lower your feet all the way, keep your hands on your back for support. To come out, lift your feet off the floor, and slowly roll down. Once in the Plough, lower your knees to the floor by your ears. Hook your arms over your legs. To come out, straighten your knees, then roll down as described above. Relax in the Corpse.

CROW POSE (KAKASANA)

Method: A. Squat to Start. To prepare yourself for the Crow, squat with your feet and knees wide apart. Position your arms between your knees, with your hands directly under your shoulders, then put your hands flat on the floor in front of you. Hands: Stretch your fingers wide and turn your hands inward slightly. B. Knees to Arms. Bend your elbows, and turn them outward. Rest your knees against your upper arms. Next, rock forward until you feel your weight on your wrists. Stay in this position if you are unable to proceed further. Weight: This exercise is still useful even if you stop at this point, as your wrists support your weight and your forearm muscles are being stretched. C. Raise Your Feet. Slowly raise each foot, then balance on your hands for at least 10 seconds. Aim to increase your time in the pose to 30 seconds; with practice you will be able to hold the position for up to a minute. To come out, lower your feet to the ground, sit up, and shake out your wrists. If you are strong enough, repeat the Crow twice.



PEACOCK POSE (MAYURASANA)

Method: A. Hands to the Floor. Start in a kneeling position, then move your knees apart. Place your arms between your legs, bringing your elbows in close to your abdomen. Next, lay your hands flat on the floor, with your wrists together and your fingers pointing back toward your body. Starting Pose: sit on your heels with your knees wide apart. B. Stretch Out. Keep your hands directly under your abdomen. Put your forehead on the ground. Next, stretch one leg and then the other straight out behind you. Your weight should now be resting on your hands, toes, and forehead. Touching the Ground: at this point you are resting your weight on your hands, toes, and forehead. C. In the Air. Raise your head, and shift your weight forward. Lift your toes. If you perform the movements slowly, you will raise your legs without effort. Hold for 10 seconds. With practice, you will be able to hold the pose for up to 30 seconds. Parallel Body: In the final position, your body is held straight and parallel to the floor.





**CHAKORASANA
(WING POSTURE)**

Method: From sitting, place the right foot behind the head and take hands to namaste during an exhale. Inhale, plant the hands on the floor, lift up and balance for 5 breaths trying to get the hips as far forward as possible and the left leg as high and straight as possible. With the foot still behind the head, exhale and fold the left leg back between the arms. Stay in this position for few seconds, thereafter place the legs slowly on the ground and also release the legs slowly. Repeat this exercise on the other side alternatively.



TRIVIKRAMASANA

Method: Stand firmly. Ensure that the entire body should be straight. Slowly raise the right leg upward and then raising the right hand place them on the feet. Ensure that the right calf is near the right ear and then slowly widen the elbows, while doing so ensure to maintain the body, straight and be well balanced. Stay in this position for about 8 to 10 seconds with normal breathing. Slowly release the right heel and the leg in order to resume the normal position. Repeat the process alternatively on the other side with the same procedure.



VISHWAMITRA

Method: Sit with both leg stretched sideward breath in with hanging up the body with balancing on one hand and one feet, one leg will be parallel to the body in air and one hand will be vertical, spinal cord straight.

For more information log on to:

<http://www.sivananda.org/teachings/asana/exercise.html>
<http://ashtangayoga.info/asana-vinyasa/advanced-a-series/index.html>



**For More Info Visit:
www.yoga.ae**