

Om *my* yoga & lifestyle

AUGUST 2019 - £4.99

London ♥ yoga
(move aside NYC & LA!)

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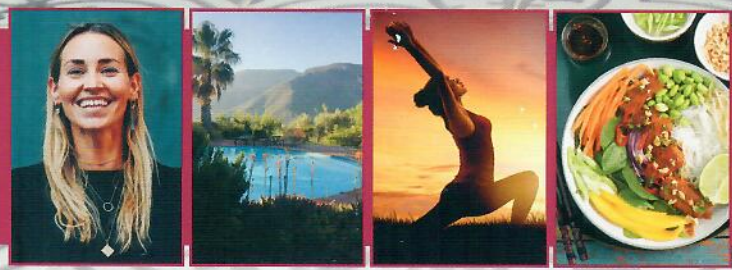
#trending styles - you *have* to try this summer

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give your back some love



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#TRENDING

styles

Do something different! We've picked 10 great mind-body practices this month to shake up your usual yoga routine. It's always good to try something new, so here's your chance. You never know, it might just change your life

KUNDALINI YOGA

Timeless, trending, and maybe a little weird, Kundalini yoga is gaining massive popularity worldwide

WHAT IS IT?

Some of its greatest advocates call Kundalini the weird yoga. Certainly, compared to the Hatha and Vinyasa styles popular in the West today, it can seem strange. A typical class includes breathwork, a kriya (a series of exercises), deep relaxation often accompanied by gong, and meditation. Teachers don't choreograph sequences. Instead, they follow specific protocols, teaching Kundalini Yoga as taught by Yogi Bhajan.

WHY TRY IT?

Kundalini Yoga encompasses the 22 traditional forms of yoga (Bhakti, Hatha, Karma, Nada, etc), which makes it very much a holistic practice, working body, mind, and spirit.

TELL ME MORE

There's tremendous diversity in the kriyas, which count in the hundreds and range from physically vigorous exercise sets to more gentle, restorative and meditative sets. Each kriya has a specific emphasis – such as digestion, circulation, immune system – but

all are balancing and work the entire body, physically as well as energetically. Meditation is also an essential part of Kundalini yoga, although these can be more dynamic and can include breathwork, mantra, mudras (hand positions), and movement.

WHAT ELSE?

One aspect of Kundalini yoga is that it can challenge you in unexpected ways. You may be physically fit but struggle with a mudra that at a glance seems fairly simple. And if you're not in an optimal state of fitness (how many of us actually are?), you might have a little difficulty with some of the exercises but find a state of ease in meditation.

WHERE CAN I TRY IT?

When looking for a class, look out for the label "as taught by Yogi Bhajan", as some derivative styles are emerging that may lack the same efficacy and potency. A good place to start is the aptly-named Joy in London.

joy.yoga



Joy

LONDON'S HOME
FOR KUNDALINI YOGA

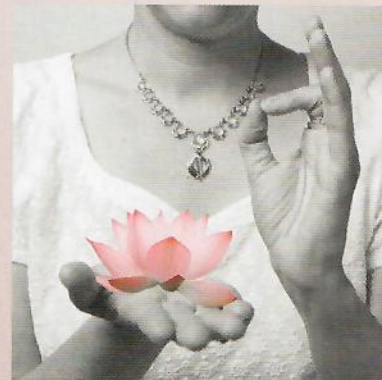


KUNDALINI YOGA
AS TAUGHT BY YOGI BHAJAN



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