

YOGATM MAGAZINE

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WORLD EXCLUSIVE

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ALTERNATIVE MEDICINE
HOW TO TREAT SCIATICA

MIKE WAKEMAN

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KUNDALINI YOGA

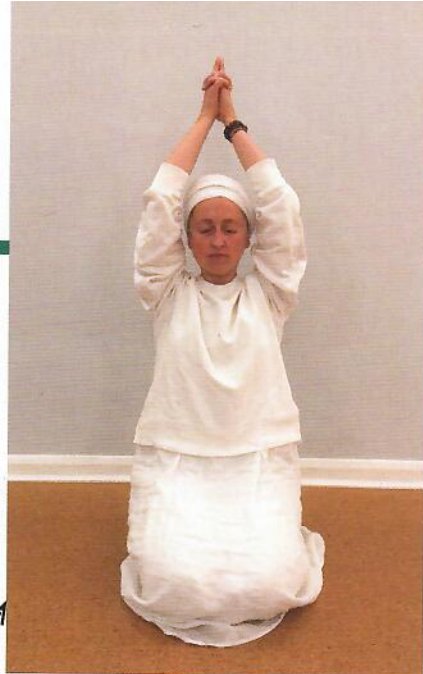
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NATURAL BEAUTY THROUGH YOUR 'GUT' + UTKATASANA + BADDHA KONASANA + NAVASANA + URDHVA PADMASANA
+ SCIATICA TREATMENT OPTIONS + PARIVRTTA UTKATASANA + PARIVRTTA PARSVAKONASANA + URDHVA MUKHA SVANASANA
+ ADHO MUKHA SVASANA + PARIGHASANA + PARIVRTTA UTKATASANA + MANIFEST THE LIFE YOU WANT
+ A GREEK ODYSSEY+ VIVIANNE NANTEL (BECOMING THE LIGHT)



40 HOW TO TREAT SCIATICA & WHEN IS SURGERY NECESSARY?

Say sciatica to someone who has suffered from it and they will invariably think back to an unpleasant and painful time. Fortunately, in most cases the pain will subside with a bit of time because our body is able to heal itself. However, when the pain doesn't pass, there is a variety of treatment options.

44 KUNDALINI YOGA – SAT KRIYA

But when you can't get to class, it's helpful to have a few quick fixes that can help you re-centre yourself. Sat Kriya is one such kundalini meditation exercise that can be integrated into your day to day lifestyle.

48 WATER RICH FOODS (HYDRATION)

Whether you're too busy to constantly drink water, don't like carrying a bottle around, or just plain forget to drink more, getting yourself to drink more water can be tricky. Drinking water isn't the only way to stay hydrated. There is an abundance of food with high water contents that can help you squeeze some extra water.

52 MINDFUL EATING FOOD ADDICTION & HOW TO DEAL WITH IT

Longer hours, deadlines to meet, exams, aging parents, finances, debts and social media, never-ending 'to do' lists. Modern life is increasingly demanding. We are operating at breakneck speed simply to stay in the same position. What's apparent in all of this is our changing relationship with food.

56 SUSTAINABLE FASHION

PERFF Studio is for your daily commute as much as it is for your daily workout. Using luxury fabrics with intelligent technology, PERFF designs and manufactures timeless pieces with a sustainable undertone, with a large percentage of the collection using recycled materials. Their designs are neat, stylish and clean.

64 HOW CUTE ARE THESE?

There's nothing like some tie dye and a cute little tassel to spark the cosmic vibes during your workouts! The latest collections from these super-cool brands ToeSox and Tavi Noir are sure to be a hit in studios everywhere this autumn and winter. Gosh – anything and everything you could possibly want (and love) and ask for when it comes to 'socks'.

70 YOGA HAVEN

YOGA HAVEN a boutique collection of urban yoga studios was one of the original pioneers in offering a dedicated hot yoga studio. "Yoga haven grew slowly and organically over the years, it came very naturally to me. I guess I saw and took an opportunity at the right time".

74 YOGA MASTER-CLASS



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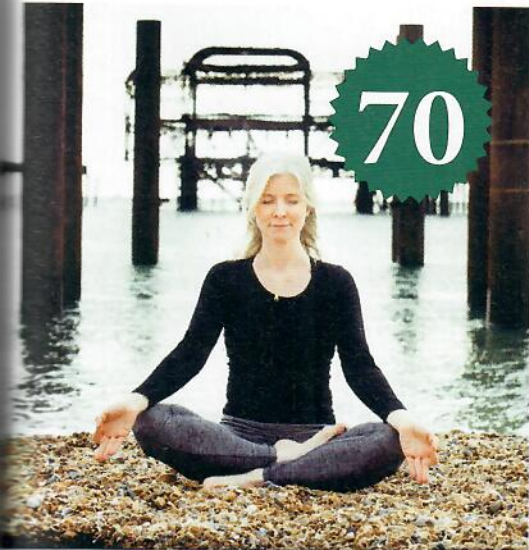
78 WHAT'S STOPPING YOU FROM MANIFESTING ?

Which area of your life always feels a little harder than the others? Finances? Career? Or perhaps you too struggle with love. If you don't believe that you're worthy, deserving or simply that you can do or have what you want, then it's impossible to master manifestation in the areas where you feel limited.

82 TRAVEL: A GREEK ODYSSEY

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94 YOUR STARS THIS MONTH





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KUNDALINI YOGA

Sat Kriya

Words: Jessica Banks
(aka Sat Shakti Kaur)



In these unstable times, yoga and meditation classes can provide a calm oasis. We can release stress as well as gently rebuild strength and resilience.

But when you can't get to class, it's helpful to have a few quick fixes that can help you re-centre yourself.

Drawing from ancient traditions, Kundalini Yoga offers hundreds of meditations that you can use on the fly. There's something for just about every situation.

Need to boost your creativity? There's a meditation for that. Want to communicate better with your boss? There's a meditation for that too. Need an extra dose of courage? Not feeling pretty? Hoping for a cash infusion? There are meditations for these and so much more.

Kundalini meditations are diverse. Some can be quite dynamic, others work more subtly. You may chant, you may work with an aerobic breath or you may move your arms.

The following is a meditation that you can do in as few as 3 minutes or up to 2.5 hours. It works your whole system. The movement of the navel provides a gentle massage to the heart and the digestive organs.

On a more subtle level, the meditation helps you access your creative potential. It can also help you become more focused. Even though this is a fairly dynamic meditation, it produces a state of calm and a sense of ease within yourself.

Yogi Bhajan – who brought Kundalini to the west in 1968 – said if you do just one thing, do Sat Kriya.

Kundalini is a comprehensive practice that includes pranayama (breathwork), asana (posture), kriya (a series of exercises), mantra, and meditation. It's a spiritual practice as well as physical one.



SAT KRIYA INSTRUCTIONS

Before you begin any Kundalini Yoga meditation, tune in with the Adi Mantra, chanting three times "Ong Namō Guru Dev Namō." (This mantra means "I call on my creative consciousness, I bow to the divine teacher within. It helps you open up to your own wisdom as you begin your meditative practice.)

POSTURE

Before you begin any Kundalini Yoga meditation, tune in with the Adi Mantra, chanting three times "Ong Namō Guru Dev Namō." (This mantra means "I call on my creative consciousness, I bow to the divine teacher within. It helps you open up to your own wisdom as you begin your meditative practice.)

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MUDRA

Raise your arms overhead, interlace your fingers and press your palms together. Thumbs cross. Index fingers point toward the ceiling. As best you can, keep your elbows straight.

MANTRA

As you hold this position, chant "Sat Naam". The words (nearly) rhyme with "but calm". The words mean true name or truth is my identity. Chanting this mantra can connect you with your true self. As you chant "Sat", pull your navel in. As you chant "Naam", let the belly relax.

EYE FOCUS

Eyes are closed and focused on the brow point, just above the bridge of the nose, between the eyebrows.



TO FINISH

Take a deep inhale, hold the posture and suspend the breath for a few moments. Squeeze all your muscles from your toes to your nose.

Continue to hold the posture as you exhale and hold the breath out for a few more moments. Inhale and relax. It's recommended to lie down and rest for at least half as long as you practiced the meditation.

To finish your practice, chant Sat Nam three more times.



With many facets and applications, Kundalini is rejuvenating, energizing, and healing, physically as well as emotionally. Working directly with the glandular system, Kundalini Yoga stimulates brain function and strengthens the nervous and immune systems. It is known to be an effective tool in alleviating depression, addiction recovery, and also pre and postnatal care. Kundalini supports all aspects and stages of life" – JOY YOGA

JESSICA BANKS (aka Sat Shakti Kaur). JOY was conceived and built by Jessica Banks / Sat Shakti Kaur. Recently relocated from New York, Sat Shakti Kaur is a KRI certified Kundalini Yoga teacher, experienced in teaching general yoga classes for beginner to advanced students, specialty classes for women, students aged 60+, and students with health conditions. She completed Level 1 and Level 2 training at Kundalini Yoga East with Sat Jivan Kaur and Sat Jivan Singh Khalsa in New York and is a member of the Aquarian Trainer Academy. With Shanti Shanti Kaur Khalsa, she completed Foundations: Principles and Practices of Kundalini Yoga Therapy. She is a student and practitioner of Sat Nam Rasayan. A former ballet dancer, Sat Shakti has a background in business and the arts. Integrating Kundalini into her life, enabled her to keep up with multiple work and volunteer commitments. As Kundalini Yoga offers practical tools for practitioners to lead balanced, happy lives, Sat Shakti is eager to share this powerful technology with busy Londoners.

<https://www.joy.yoga/what-is-kundalini-yoga>