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(find out on page 36)

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CONFESSIONS OF A YOGA TEACHER



THIS MONTH... Nathalie Zabbal

Why did you first become interested in yoga?

Ten years ago I achieved the goals I had set for myself: a successful career, a wonderful husband, a beautiful house, social recognition. However, life did not settle with all these accomplishments – I knew there was more to it. So yoga came timely with Sadhguru, an accomplished yogi with whom I attended my first yoga programme, "the Inner Engineering, peak of wellbeing," which opened me up to the secrets of life within. Yoga gave me the tools to start a constructive inner journey.

Where is your favourite place to practise?

The Isha Yoga Centre in Coimbatore, south of India. The atmosphere is relaxed and joyful, while at the same time conducive and supportive for meditation and yoga.

How do you complement your practice?

I take good care of my body by eating healthily and exercising so that I can sustain the energy levels generated by the practices that I do; and more importantly by living consciously, joyfully and responsibly with myself, the people around me and my environment.

What has yoga taught you?

That yoga is not a mere physical posture but a device to live every moment at the peak of my potential. That life is a treasure and I should not take it for granted. I can live it beautifully if I know how to create the necessary harmony between my body, mind and emotions.

Nathalie Zabbal is a yoga teacher for the Isha Foundation. Visit ishafoundation.org or email uk@ishafoundation.org

Listen up

Natural Health's resident yoga expert, Sue Fuller of Yoga2Hear, has devised and narrated a new series of audio yoga classes entitled Daily Yoga. The CDs or MP3s are available in three different levels: gentle, beginner and improver, each of which contains five different 15-minute classes mixed with subtle background music.

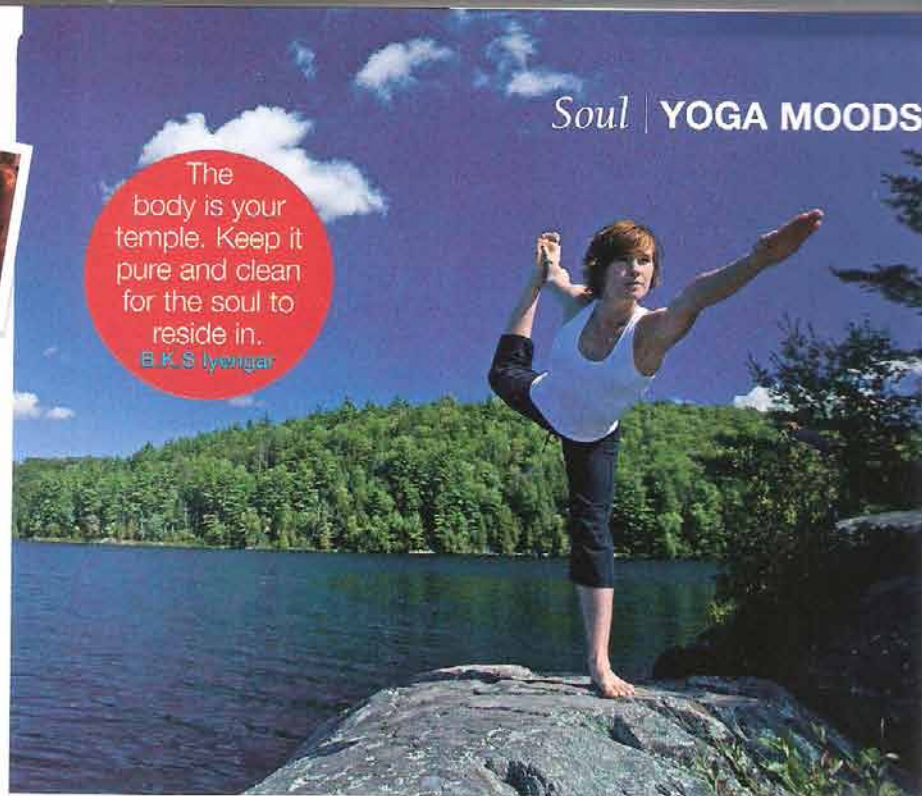
Each Daily Yoga CD (£19.99) or MP3 (£17.99) is available from yoga2hear.co.uk



"Before you've practised, the theory is useless. After you've practised, the theory is obvious!"

David Williams, Ashtanga teacher

The body is your temple. Keep it pure and clean for the soul to reside in.
B.K.S. Iyengar



YOGA News

This month we look at Viparita Karani pose and give away a yoga outfit for one lucky reader

Reader giveaway

To celebrate the launch of their new autumn collection, yoga and fitness clothing brand Yogamasti are giving away a fantastic two-piece yoga outfit for one lucky *Natural Health* reader. To be in with a chance of winning this sports spirit outfit in red, priced at £60, (pictured) email your name and address to liz@aceville.co.uk before 30th November. What's more, *NH* readers can take advantage of a 15 per cent discount on all orders with Yogamasti from 1st to 30th November. Simply input the code **NATURAL01** when you place your order via the website: yogamasti.com



ASANA OF THE MONTH

Viparita Karani – Legs up the wall pose

■ This restoring pose helps to calm an overactive mind, refresh tired legs and feet and rest the lymphatic and respiratory systems.

■ Place a bolster, or a few cushions, a few inches from a wall. Sit on this support with your feet to one side. Lie back, simultaneously swinging your legs up the wall. Ensure the lower back and pelvis are lifted completely onto the support of the bolster, with your sitting bones dropping slightly off them, towards the wall. This retains the curve of the lumbar spine. Place your hands, face up, away from your body, and your shoulders away from your ears. Close the eyes, relax the legs, feet and whole body. Stay here for as long as feels good.

Supplied by Lucia Cockcroft, editor of yoga-abode.com



Illustration by Maria Taylor