

YOGA

MAGAZINE

YOGA SLIMMING EXERCISES PART 3
INTERVIEW WITH YOGA TEACHER
& INNOVATOR SIMON LOW
**DISCOVERING THE
ESSENCE OF FLOWERS**

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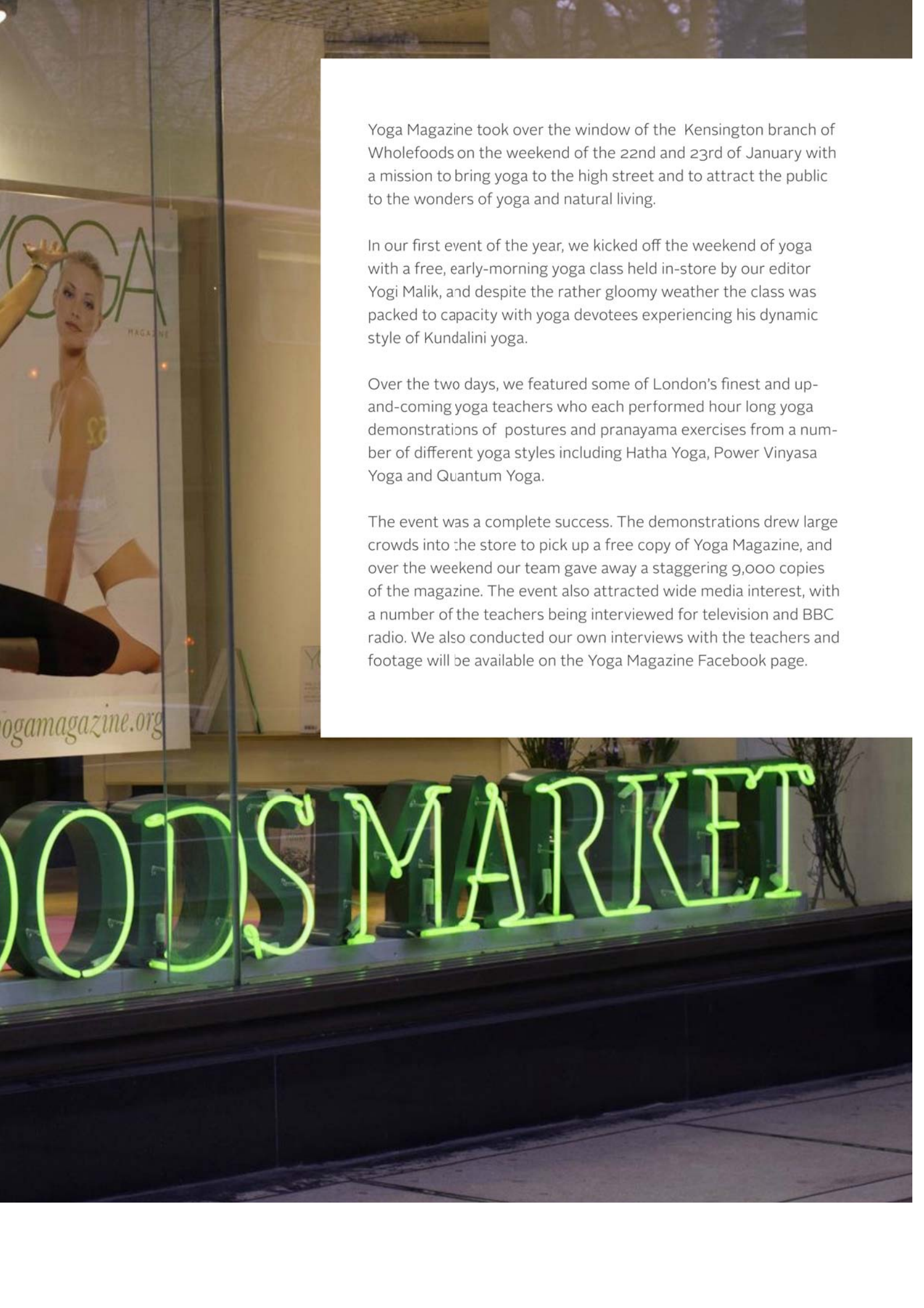
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WEEKEND

YOGA

WHOLEFO





Yoga Magazine took over the window of the Kensington branch of Wholefoods on the weekend of the 22nd and 23rd of January with a mission to bring yoga to the high street and to attract the public to the wonders of yoga and natural living.

In our first event of the year, we kicked off the weekend of yoga with a free, early-morning yoga class held in-store by our editor Yogi Malik, and despite the rather gloomy weather the class was packed to capacity with yoga devotees experiencing his dynamic style of Kundalini yoga.

Over the two days, we featured some of London's finest and up-and-coming yoga teachers who each performed hour long yoga demonstrations of postures and pranayama exercises from a number of different yoga styles including Hatha Yoga, Power Vinyasa Yoga and Quantum Yoga.

The event was a complete success. The demonstrations drew large crowds into the store to pick up a free copy of Yoga Magazine, and over the weekend our team gave away a staggering 9,000 copies of the magazine. The event also attracted wide media interest, with a number of the teachers being interviewed for television and BBC radio. We also conducted our own interviews with the teachers and footage will be available on the Yoga Magazine Facebook page.



YOGA MAGAZINE WOULD LIKE TO THANK ALL THE TEACHERS WHO PARTICIPATED IN THE EVENT:

HAYLEY JOHNS

Hayley has been practicing various styles of Yoga for well over ten years and shares her love for yoga by teaching since 2008. Hayley took her formal Yoga Alliance Teacher Training (RYT 200) with Lara Baumann in the Quantum Method® in 2007.



DINA COHEN

Dina has been practicing yoga since the early 90s and began teaching in 2000. She has been influenced by years of training in different styles including alignment based Dynamic Yoga, Vinyasa Flow, Yin Yoga and Mindfulness Meditation. She is accredited by both British Wheel and Yoga Alliance and is a mentor on the Yoga Campus teacher training programme. She offers ongoing classes in North London, as well as retreats and holidays in Ibiza and Goa.



RITA CHOCHAN

Rita was fortunate to be born into a family where meditation and ancient Indian home remedies were common. This led her to explore many physical yoga practices and took her formal teacher training at 200 and 500 Yoga Alliance level as well as having studied Pregnancy Yoga with Sitaram. Rita founded London's yoga studio Yoganesh.



DINA KARIM

Dina Karim is an experienced and qualified Intermediate level 3 Iyengar yoga teacher with over 15 years of experience. She has studied directly with Master Yogacharya Sri B.K.S. Iyengar and his family. Dina offers yoga classes in South West London



RACHEL NOVESTSKY

Rachel was hooked after her first yoga class taught her about being in the present moment. She set herself the goal to practice and teach Power Yoga and apprenticed under Fred Busch at the Miami Yogashala. She completed 200 RRY in Power Vinyasa Yoga and joined The Yoga Alliance. Rachel teaches private classes in Miami and London. She is the founder of Power Yoga London specialising in unique, creative Power Vinyasa Yoga





SARAH SCHARF

Sarah began teaching yoga in 2004 after completing her teacher-training course with Ana Forrest in California. Her practice is influenced by her exposure to such luminary teachers as Shiva Rea, Seane Corn and Judith Lasiter. Her teaching is inspired by various styles of yoga (hatha, restorative, acroyoga) and movement practices including the Alexander Technique and the Feldenkrais method.



CAROLINE SHOLA AREWA

Shola is known as the Energy Doctor, for her pioneering and award winning work with the chakra system. For 25 years she has helped people transform their lives. Shola is a humanistic psychologist, master of yoga and author of four books including Way of the Chakras. Shola trained practitioners in complimentary medicine for 10 years, winning a CAM Award in 2008.



MIRANDA GATES-FLEMMING:

Miranda has been teaching yoga in London since 2005. She started yoga as a form of exercise, but quickly discovered that it not just made her more flexible and toned, but also shifted her way of thinking and feeling. She qualified as a yoga teacher in Byron Bay with Yoga Arts and then in America with Jivamukti. She also teaches pregnancy, post-natal, baby yoga and private yoga classes in Kensington.



MATT GLUCK

Matt Gluck started yoga when he was five, learning techniques from his mother in order to deal with asthma and allergies. Matt has been teaching Hatha Yoga full time for fifteen years and practicing and teaching Chinese Martial Arts, (Shaolin, Tai Ji and Qi Gong), for twenty five. He mentors teachers in training, has authored a book and writes 'Yoga and Wellness' for Yoga Magazine.

