

# Yoga myths vs reality

AHEAD OF THEIR UPCOMING YOGAWORKS 200-HOUR TEACHER TRAINING IN DUBAI, WH&F CATCHES UP WITH INTERNATIONAL TEACHER TRAINERS LAUREL BEVERSDORF AND THOMAS TAUBMAN TO SET YOGA'S RECORD STRAIGHT

## Only flexible people can do Yoga.

**Thomas says:** "Speaking from personal experience and with over 10 years of teaching under my belt, I would definitely tell people that this is not the case. In fact with a little bit of patience and consistency, I have seen some of the most inflexible people, including myself, be able to do poses and positions safely that they never thought possible."

## I already run and lift weights, I don't need to do Yoga.

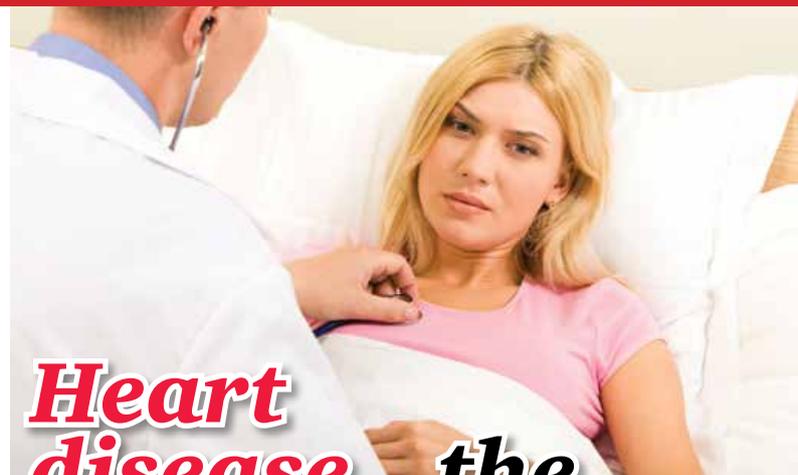
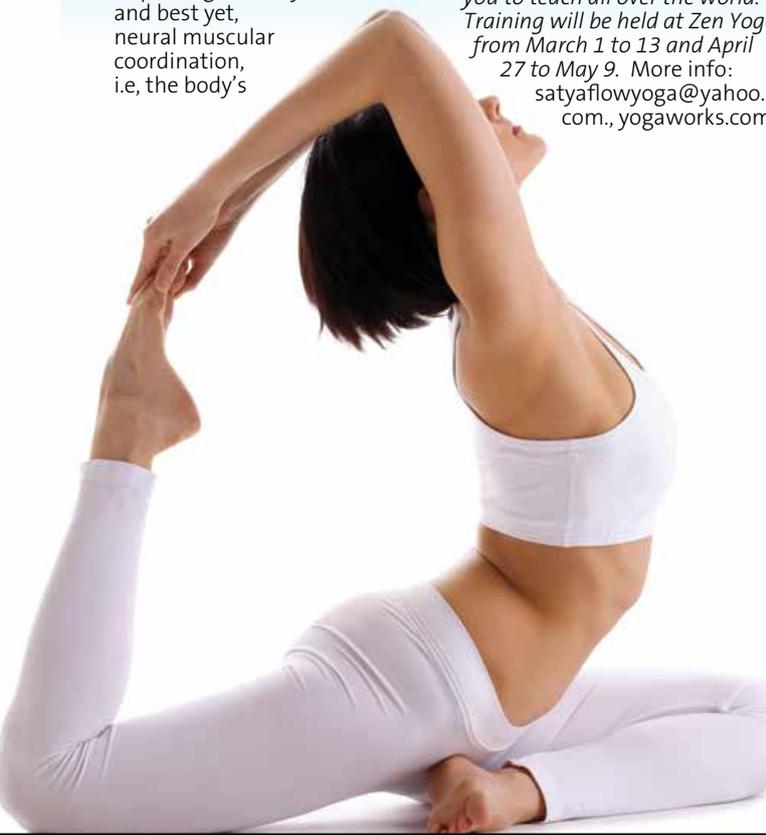
**Laurel says:** "Running enhances cardio. Lifting increases strength. Yoga does both while improving mobility, and best yet, neural muscular coordination, i.e, the body's

sense of position and ability to adjust accurately. Rather than going faster or lifting more, Yoga is about slowing down and improving posture. Optimal posture translates into better technique in running, lifting and anything else you do."

## In the long term Yoga leads to injury.

**Laurel says:** "Anything done with lack of attention to form can lead to injury in the long term. People who sit all day often suffer back pain because even sitting requires skill. Properly aligned, yoga postures improve strength and mobility keeping your joints nourished, your posture optimal, and your breathing efficient. This means you're less likely to be injured, not to mention better equipped to handle stress and probably happier, too."

*YogaWorks is an internationally recognized and accredited Yoga Teacher Training that will allow you to teach all over the world. Training will be held at Zen Yoga from March 1 to 13 and April 27 to May 9. More info: [satyafloowyoga@yahoo.com](mailto:satyafloowyoga@yahoo.com), [yogaworks.com](http://yogaworks.com).*



# Heart disease...the silent killer

WITH HEART DISEASE EVEN MORE PREVALENT IN THE UAE, WE HIGHLIGHT SOME OF THE SYMPTOMS PRE-ATTACK THAT SHOULD NOT BE TAKEN FOR GRANTED

- \* Sweating excessively and/or shortness of breath for no apparent reason is another sure sign that something is wrong.
- \* Intense irrational anxiety could be the body's way of telling you that something is seriously not right.
- \* In many cases (but not all), obvious pain in the chest and one that doesn't subside when you sit down.
- \* Fatigue above the norm. Symptoms like sleep disturbance, shortness of breath, indigestion and anxiety are far more common in women who suffer heart attacks.
- \* Jaw pain is actually one of the telltale signs of a heart attack, especially if it is in the lower jaw.
- \* Dizziness is often a key signal prior to a heart attack due to the restricted blood flow to the brain

It is not necessary for all the above to happen in order to indicate that there is a very serious issue with your heart, however it is imperative not to ignore the signals of the body and call your emergency services immediately. It is always better to be safe than sorry.

*Heart disease is the number one killer of Americans with most over the age of 35 having the disease whether they know it or not! Regular screening could make the difference between life or death*

14PERCENT – THAT'S HOW MUCH OF THE DAILY RECOMMENDED AMOUNT OF VITAMIN C YOU'LL GET FROM ½ A CUP OF RADISH.

