

PRACTICAL EXERCISES • NUTRITION • MINDFULNESS • LIFESTYLE & WELLNESS



# YOGA <sup>TM</sup> MAGAZINE

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HEALTHY & MERRY CHRISTMAS



**AJAHN CHAH**  
**TEACHER'S PAIN**

**TAI CHI CHUAN & QI GONG MEDITATION**

**GOLI H. CRAMER**  
**PRENATAL YOGA FLOW**

**ayurveda**  
THE Love of Chocolate

**NIRAJ NAIK**  
**RHYTHMIC BREATHING**  
HEALING POWER

**MIDNIGHT YOGA & MOONBATHING**



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# Editor's Letter

## Dear YOGA Magazine readers,

As we wind down at the end of another busy year, I'd like to take this opportunity to thank all our readers, expert yoga practitioners and well-wishers alike. The magazine has come a long way since its inception and continues to be a captivating source of latest information, poses and sequences, philosophies, expert tips and insights, all related to the discipline of yoga. Our fruitful collaboration with valuable contributors have provided us with an array of exceptionally inspiring stories that we are honoured to share. We look forward to strengthening our relationships to bring our readers an engaging and insightful experience for a higher level of health and happiness through yoga.

The key to successful yogic living is to live your life according to your own energetic vibration and corresponding biorhythms in harmony with your *dosha* energy type. Niraj Naik, a holistic health expert shares the healing benefits of rhythmic breathing in creating a state of coherence within you. Rohini Moradi introduces you to the four pillars of spiritual growth, which you can use to curate your soul degree. Melissa Albarran talks to Grace Tempany, a senior yoga teacher specialising in training on The Art of Yin. Jenya De Pierro's *Keep your Health Optimal this Winter*, I am sure, can inspire you to spend the winter ahead in good health.

Our yoga poses, sequences and masterclasses section features a step by step illustrated prenatal yoga practice, by Goli Hashtroudi Cramer, that is suitable for the second and third trimester. Andrea Marcum delves into the concept of *Pratipaksha bhavanam* as explained in *Patanjali's Yoga Sutras* that helps reframe challenges into opportunities and deepen your relationship with yourself. Bring your energy into the centre by balancing *ida* (the feminine) and *pingala* (the masculine) qualities and entering a state of oneness with the universe through *How To Practise Midnight Yoga and Moonbathing* by Mark Westmoquette.

Many of us have been avoiding chocolate because of its high cocoa butter as it was considered to be an unhealthy fat. In *Ayurveda: The Love for Chocolate*, Vani Linda Bretherton explores the benefits of organic and raw cacao that is full of healthy antioxidants,



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vitamins, magnesium, and iron. Super-nutritionist Amanda Hamilton unpacks the role food plays in boosting emotional wellbeing in her article *Food For Thought*. A simple guide by Steven Virtue details the importance of nutrition and hydration to achieving your fitness goals. Dharma and Spiritual Life Coach, Sahara Rose, takes you through the benefits of living in a healthy rhythm of Ayurveda.

What many of us want after a hectic year — more than anything — is to feel excited again and quench our yoga-inspired wanderlust. A retreat at Six Senses Douro Valley is ideal for those seeking to heal and relax through yoga. Wondering what would be the best gift for your family and friends this Christmas? Our *What's Hot* section brings you an array of gift ideas to choose from, along with my continuing columns such as *Yoga Sutras* and *Vedic Astrology* and much more.

**Keep investing in yourself. Merry Christmas!**

**Yogi Maharaj Dr. Malik  
Editor**



# THE FALCON, CASTLE ASHBY PARTNERS WITH SILVER LININGS TO OFFER FIRST UK RETREATS IN 2022



These much awaited retreats will include a specially curated mix of meditation, Pilates, Yoga, sound baths QiGong, massage therapy and guided nature walks designed to be both relaxing and restorative. The idea is for the team of experts behind The Falcon and Silver Linings to join forces and share their knowledge in order to empower guests to find what works best for them; to slow down, deeply relax and to heal with thoughtful and nourishing yoga practices, bespoke therapeutic massages and guided meditations.

The hotel and its grounds, immersed in the Castle Ashby estate, offer 10,500 acres of untouched, unspoiled open landscape as far as the eye can see, defined by a viscerally felt sense of ancient stillness. Its seclusion provides sacred sanctuary for a deeply therapeutic wellness programme designed to strengthen, support and inspire guests.

Drawing on their own years of experience in mind and body practices, Lord and Lady Northampton have gathered together a team offering authentic and genuinely healing therapies rooted in wisdom and expertise who will work alongside the Silver Linings team to ensure a fully immersive experiences.

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