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# Health Week

## Yoga makes waves!



HEALTH REPORT  
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**B**AHRAINI Mariam Al Anzari is aiming to help people in the Kingdom manage stress and foster relaxation with the help of a unique form of yoga.

She is the first person in the GCC to be certified as an Odaka Yoga instructor, a variation of classical Yoga created by Roberto Miletto and Francesca Casati from Italy, who recently flew in to the kingdom to hold a special introductory session at Bahrain City Centre. Odaka Yoga utilizes a "liquid" approach, with each wave-like move used to overcome barriers and develop emotional flexibility. It incorporates martial arts, zen and traditional yoga postures.

"I'm thrilled to be the first certified instructor in the GCC. I've learnt so much from Roberto and Francesca that I can't wait to teach people in Bahrain," said Mariam, 28, from Jazirah.

"Odaka is different from Hatha yoga, which I also teach at Densange, in the sense that it is more contemporary, movements are slow and concentrated and it places an added emphasis on breathing while not forcing your breath. "I used to have a desk job which I found stressful so I took a Yoga class to help me relax and just fall in love with it. Within two months I had memorised all the routines so I decided to take an Asana Wellness Centre course to become certified in the subject and I've not looked back since."

"Yoga is about feeling good and is ideal for people who want a better frame of mind and increased physical performance, especially better spinal flexibility."

During a flying visit to the kingdom Roberto, 54, and Francesca, 47, were a big hit with the large gathering of women who attended the lessons.

Mary Jane Todd, 32, from Juffair, said: "The session was fantastic. I've been doing yoga for eight years and this class gave me a real endorphin rush. It's



DYNAMIC DUO Above, Roberto and Francesca, below, left Mariam. Below, from top, Mary and Alma strike a pose

very energetic but not rigorous and I'd definitely try it again. I liked the music, which was more cinematic than the traditional background noise at yoga sessions."

The Winner's Clinic Care International worker, who is currently studying to be a yoga instructor herself, added that she found Roberto and Francesca's introduction really useful and "will definitely attend Mariam's classes in the future."

Alma Valenzona, 41, from Manama, said the class made her feel "like a different woman".

The full-time mum said: "This was my first time doing Odaka Yoga and it's much more interesting than the classical approach."

"I liked the movements and some of the poses were influenced by martial arts and it made me feel like a different person, stronger in a way."

The visiting instructors were also pleased with the session and delighted with the turn-out at the mall.

Roberto said: "Yoga is just a beautiful journey, it's

meant to be enjoyed and shared with people. We were really happy so many people came to give it a try."

The duo was also full of praise for the Bahraini protégé and believes the concept is a "win-win".

"We met Mariam at the Dubai Yoga Festival last November and she enjoyed our class and asked us to come to Bahrain because she wanted to learn more about Odaka Yoga," added Roberto.

"She's amazing, she has a beautiful energy and she's very good at what she does. She will do an incredible job and we are confident that Odaka Yoga is in safe hands with her and everyone will fall in love with her."

Francesca says that any kind of Yoga is beneficial but Odaka is particularly useful because it resonates with people. She said: "It's fluid and dynamic and you don't have to reach a perfect pose. You let your body do your pose that you feel comfortable to express yourself. Feel free to laugh, cry or enjoy, these are no small things."



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What is detox? Detox is these small additions that improve your health and take you to a better place.

Have you ever considered a Detox Holiday? Join me on Alia's Detox Retreat the first week of May in the beautiful Turkish coast (April 30 - May 6). Get a chance to cleanse your body, achieve inner peace, learn precious health information and make great friends. You can join us from anywhere in the world. Hurry, spaces are limited.

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Fit to play  
with TJ



TJ Jankovic is based in Bahrain Rugby Football Club and plays for the club and overseas.  
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TODAY the fitness industry is a bit of a shambles. There's a lot of money to be made from people who want to get their ideal body, particularly from women.

In this installment, let's look at another myth that surrounds women's training which is often simply stated as fact.

Dieting is just a case of eating less. So we should know that dieting is a case of

energy balance - you need to use more energy than you take. So if you want to lose a lot of weight quickly then you just need to eat even less.

It's not as simple as that. All food is one, or a combination, of three different macronutrients: protein, carbohydrate and fat.

The body reacts differently to each. This report isn't the place for a full breakdown

of how to get a perfect diet, but you need to be aware of these macronutrients. They need to be in a healthy ratio of one another to be most effective.

A diet that contains 80 per cent of calories from carbs, 10 per cent from protein, and 10 per cent from fat will produce different results than a diet containing 40 per cent of calories from carbs, 40 per cent from protein, and 20 per

cent from fat.

One big mistake nearly every person I work with makes with their diet is that they are not eating enough protein. Protein helps the muscles recover from training, improves digestive health and actually boosts metabolism! I recommend that every meal is based around a protein source to allow you to get the most out of your diet.