

Planet yoga

Stories from around the weird and wonderful world of yoga



Life begins at 70

She's 73-years-old and she still looks amazing. With her flowing hair, almost wrinkle-free face and trim figure, sex symbol Raquel Welch looks decades younger. And she says yoga - not plastic surgery - is the way to go. The American actress says she keeps herself looking youthful with a combination of yoga, weight training, healthy eating and clever make-up. The former model and star of such films as One Million Years BC still looks every inch a superstar.

The power of imagination

Now there's a new way to extract kids from the TV set or the games console: Imagination Yoga. During a class, young children can magically teleport anywhere in the world, while stretching out on their mat. After taking a deep breath and closing their eyes, kids can go visit the jungle, venture into outer space, or dive into the depths of the deep blue sea - and get a healthy, old-fashioned workout at the same time. "We wanted to provide a place, a class, where kids can move their bodies and get away from the TV and video games," Imagination Yoga teacher Chelsea Knight said.

Hermione does yoga

Proof that yoga is even more potent than magic for keeping the stress demons away, it has emerged that Harry Potter star Emma Watson is a qualified yoga instructor. The 23-year-old actress, who plays the character Hermione, said in a recent interview that she took up yoga to help with all the stress of movie making. She is also close to finishing her degree in English Literature. After that, she's looking forward to pursuing other interests, possibly more yoga. "I love painting, so maybe I hone in on that and do more art classes, or maybe something different. I'm a board two certified qualified yoga instructor."

Nuts about yoga

A cute red squirrel was caught on camera in a Lyon park recently doing what looked like a spot of yoga. The energetic little rodent stretched high towards the sky, and even tried some anti-gravity yoga from a tree, great for toning up and working all those hard-to-reach muscle groups. It's a healthy little life he's got going on there: yoga, open green spaces, and a diet of nuts, which are full of good things. But he's not got this yoga thing entirely worked out just yet: after his stretches, the cheeky red devil reportedly attempted to grab a woman's handbag as she walked through the park.

Bahrain

Go with the flow

Shoppers at Bahrain's largest retail mall were introduced to a new yoga style recently courtesy of Italian Roberto Milleti, underlining the rise in popularity of yoga in the Gulf region. The yoga teacher was invited to share his flowing Odaka Yoga style with over 200 female shoppers as part of a health and wellbeing initiative. Milleti - who grew up by the sea - uses a "liquid" yoga approach, with each wave-like move used to overcome barriers and develop emotional flexibility. Widely known outside of Italy, it was the first appearance of Odaka Yoga - which also draws on martial arts, zen as well as traditional yoga postures - in the Middle East.

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