

Striking the work–yoga balance

YogaLife's **Cheryl Parsons** catches up with some of Dubai's busy professionals to find out why juggling their busy working schedule with time on the mat helps them to stay grounded...



RAMI JABALI, SYRIA



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What do you do? I own a reputable salon called Rami Jabali Salon & Spa. I am also one of the senior hairdressers.

How long have you been doing yoga? Nearly 5 years.

How often do you practise? Two to three times a week and I go on yoga retreats twice a year.

What do you love most about yoga?

I love how it clears my mind and relaxes my body; it makes me feel like a better person and fills me with positive energy.

How has it helped your lifestyle? I'm more patient and less stressed out. Physically, it has also helped me to deal with the aches and pains associated with being on my feet every day. It has shown me how to maintain good posture in my job, and helps me release all the pain that affects my joints as a result of my work. Mentally, I have a better appreciation for my body and for what is most important in life. I'm a happier, calmer and more optimistic person.

What is your favourite type of yoga? Vinyasa.

Describe what yoga means to you in three words: Strength, health, peace.



ANNA BATCHELDER, USA

What do you do? I am co-founder of Bon Education (www.boneducation.com). My husband Chris is my partner, and we have an amazing team of educators and curriculum writers around the globe. Our company specialises in creating educational programs, trainings and curricula for schools, companies and governments. We've created advanced technology camps for Emirati students, prison education programmes, an equine education programme, teacher leadership programmes and more.

How long have you been doing yoga? Almost 6 years. I started practising yoga when I moved to Dubai as a fun way to escape the heat. Little did I know how much» it would impact me on a physical, mental and spiritual level.

How often do you practise? Two to four times a week depending on work commitments.

What do you love most about yoga? Yoga is an amazing practice for getting to know myself and for connecting with others in a very peaceful and open way. I also love the physical and mental benefits of yoga – I feel like I am much stronger and more flexible in body and mind.

How has it helped your lifestyle? Aside from giving me a clear mind and helping me manage stress, I learn a lot about 'how to teach' from my yoga teachers. Since my team is always creating education programmes, I am always looking for effective and exciting ways to facilitate learning for all types of learners.

What is your favourite type of yoga? Vinyasa.

Describe what yoga means to you in three words: Unity, awareness, life-long practice.

Physically, having a daily practice has transformed my **flexibility, endurance and core**. On the mental side, it has also helped me feel more grounded



JORGE TURRELL, SPAIN

What do you do? I'm an architect and run my own company specialising in residential projects.

How long have you been doing yoga? 13 years.

How often do you practise? Yoga is very much part of my daily 'hygiene' routine. Physically, having a daily practice has transformed my flexibility, endurance and core. On the mental side, it has also helped me feel more grounded.

What do you love most about yoga? I love the way it cleanses my mind and body.

How has it helped your lifestyle? Once you understand the physical body, you start to understand what's going on in your mind and become more sensitive to how people around you behave, because after all, we are all very similar. This factor has really helped me as an architect in my dealings with clients, as I'm better able to understand what they want and need.

What is your favourite type of yoga? I am an Ashtangi at heart but when I moved to Dubai there was no authorised teacher to lead a Mysore style practice. This led me to trying other styles such as Power and Yin yoga.

Describe what yoga means to you in three words: Grounding, knowledge, sharing.



SIMRAN BAGGA, INDIA

What do you do? I am Hosting Licensing Sales Manager, Middle East and Africa, for Microsoft Corporation.

How long have you been doing yoga? Nearly 6 years.

How often do you practise? Four or five times a week.

What do you love most about yoga? Yoga is a beautiful combination of mind, body and soul. Each yoga posture signifies something. For example the warrior poses denote strength and the inversion practice teaches us to see life upside down. A blend of multiple poses help us to find the perfect balance between how our mind thinks and how the physical self responds.

How has it helped your lifestyle? Regular practice has a calming effect on the mind, which results in increased focus and concentration. Yoga helps me cope with my hectic work schedule and deliver on my commitments in my career and at home. It's a journey of the self, through the self, to the self. It has completely transformed me mentally, physically, emotionally and spiritually.

What is your favourite type of yoga? Vinyasa.
Describe what yoga means to you in three words: Energising, motivating, challenging. ✨

