

working 9-yoga

We love that Dubai's busy professionals are still finding time to squeeze yoga into their hectic lives! **YogaLife's Cheryl Parsons catches up with some more yogis** this month to find out why they love the practice...



PHOTOGRAPHY BY CECIE

ANNELIES HODGE, AUSTRALIA

What do you do? I'm a Senior Manager of Corporate Social Responsibility and Internal Communications. Essentially it means I'm responsible for my organisation's sustainability programs (covering areas like health and safety, green building, supply chain, donations and volunteering), keeping staff updated on work related information and engaging them in our organisation.

How long have you been doing yoga? Eighteen years! I started my yoga journey just after high school and have been hooked ever since!

How often do you practise? Two to three times a week.

What do you love most about yoga? It's a lifelong journey that develops the mind, body and soul.

How has it helped your lifestyle? It helps me have patience, clarity and focus. It keeps me be happy and healthy too, so I have plenty of energy to deliver results with the right frame of mind. It also helps me breathe properly, stay on top of stress, not sweat about the little things and keep my bigger purpose in mind. For me yoga is a journey of self-awareness, discovery and development physically, mentally and spiritually. It may begin with the practice of physical poses, but through the breathing, meditation and reflection on its teachings and wisdom, it takes us to more profound levels of existence.

What is your favourite type of yoga? Vinyasa flow which reminds me of everything I want my life to be about. Adventure, fun, discovery, strength, challenge, relaxation, meditation, flow, abundance, love, reflection, commitment and positive energy, bring it on!

Describe what yoga means to you in three words: Health, growth and connection.



MAX MEITEI, INDIA

What do you do? I'm a yoga teacher, personal trainer and professional bodybuilder.

How long have you been doing yoga? More than 15 years.

How often do you practise? Daily.

What do you love most about yoga? I love how it helps us to discover and realise our abilities and disabilities.

How has it helped your lifestyle? It helps me to feel less stressed and to stay grounded and controlled in my life. Physically, it compliments my gym and bodybuilding work – it provides a great balance of strength and flexibility.

What is your favourite type of yoga? Power yoga.

Describe what yoga means to you in three words: Understanding, realising and self-discovery. »

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Yoga made me feel the strong connection
between body and mind



TANIA ATALLAH, LEBANON

What do you do? I'm an account director at Hill+Knowlton Strategies, and my job is to help entities in both the private and the public sectors develop and maintain their reputation through communicating with their stakeholders effectively.

How long have you been doing yoga? More than two years.

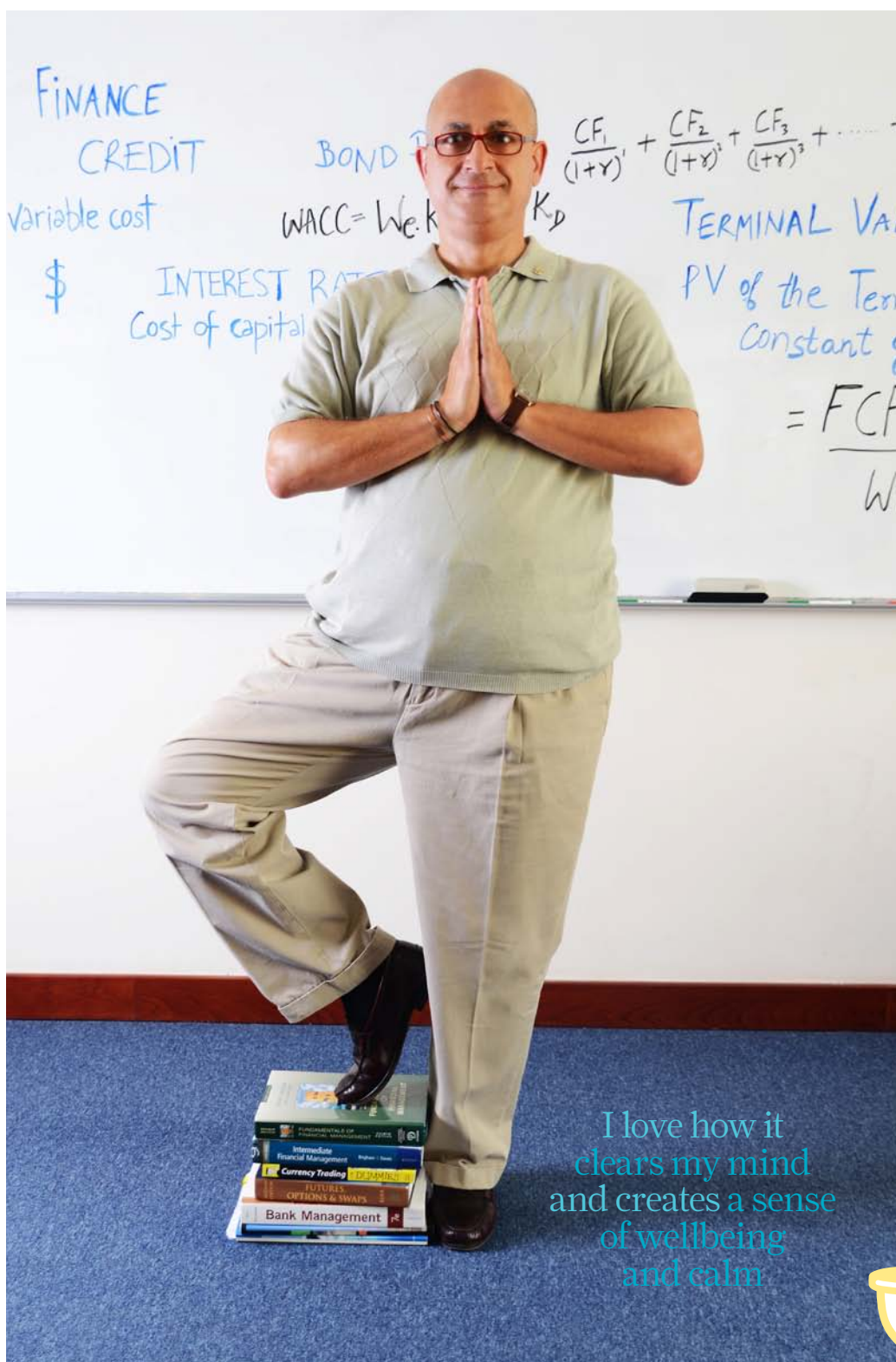
How often do you practise? On average three times a week.

What do you love most about yoga? It is that time that I dedicate to make 'me' a better person mentally and physically.

How has it helped your lifestyle? I work in a very demanding industry. Whether working on research, strategies, training or dealing with a client crisis, yoga helps me to maintain my focus and rejuvenate my energy. On a wider perspective, yoga made me feel the strong connection between body and mind, appreciate every breath every day and enjoy being present in the 'here and now'.

What is your favourite type of yoga? Hatha.

Describe what yoga means to you in three words: Peace, respect and endurance.



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ALLA SHAWA, CANADA

What do you do? I am a Professor of Finance at Dubai's Institute of Management Technology in Dubai International Academic City.

How long have you been doing yoga? Eight years.

How often do you practise? Three times a week.

What do you love most about yoga? I love how it clears my mind and creates a sense of wellbeing and calm. I prefer yoga workouts to gym workouts and classes which focus on physical postures at a comfortable pace. I also love the breathing exercises and the comforting rituals.

How has it helped your lifestyle? It helps to relieve stress and unclutter my mind, and also helps me to feel more focused.

What is your favourite type of yoga? Hatha and vinyasa.

Describe what yoga means to you in three words: Relaxing, spirited and peaceful. ✨

