



## KUNDALINI RISING

BY SHAZIA OMAR

is a yogini. Her classes are available at studio 107. shaziaomar@gmail.com

# Kundalini rising

To celebrate International Women's Day, I had the opportunity of sharing my knowledge on yoga with two groups of corporate working women: those at DHL and Standard Chartered. Prior to this, I also conducted similar sessions for women at Nestle, IDLC and H&M. What I found was that there is a great deal of interest and enthusiasm in learning more about yoga, meditation and mindfulness but women find it difficult to make time for themselves, prioritising their work and family obligations over their own wellbeing. I conducted a short perception survey of 60 working women who had never done yoga before and here is what I found:

Is yoga good for your  
Health and fitness? 100% said yes  
Mind and inner peace? 100% said yes  
Energy level? 100% said yes  
Is yoga suitable for everyone? 100% said yes  
Do you do yoga regularly? 100% said no  
Why not? 95% said 'no time'  
5% said 'lack of classes near my home'  
What other forms of exercise do you do?  
Aerobics - 5%  
Treadmill - 5%

What this survey tells me is that people in Bangladesh are now aware of the benefits of yoga but it has not yet become an integral part of one's lifestyle. There are however over 15 instructors teaching yoga in Dhaka alone. Compare this to when I began teaching, in Amazon Club, in 2006: awareness around yoga was much lower and

there were perhaps no other teachers.

We have come a long way but we still have a long way to go before we catch up to America.... Or India! In America, yoga has been identified as a growth industry. According to Statista, the number of yoga and Pilates practitioners has gone up from 16.5 million in 2008 to 25.4 million in 2015. According to the NIH 2012, nearly 10 percent of U.S. adults and 3 percent of children participated in yoga in 2012, up from 5 percent of adults and 2 percent of children a decade earlier (National Institutes of Health). Lululemon, best known for its flattering yoga pants for women, has started opening stores just for men. Medicare has started covering the cost of yoga classes as part of cardiac rehabilitation programs. A Harvard-MIT study completed this year shows that relaxation-response techniques, such as meditation, yoga, and prayer, could reduce the need for health care services by 43 percent. A Harvard Medical School report suggests the benefits of yoga are not just cardio-vascular, but also yoga improves body image, self-confidence and metabolism rates.

In India what we see is harder to classify. Many people practice some variation of yoga at home but hardly call this yoga. It has become much like a morning stretch. Thus it is harder to estimate the change in yoga's popularity over the past few decades.

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Photo courtesy: Shazia Omar



## CHECK IT OUT

### Amari Dhaka launches Japanese Bento

Amari Dhaka is set to unveil two different concepts at its two signature restaurants - Amaya and Deck 41.

To observe Earth Hour, Amari Dhaka is launching a healthy Japanese bento platter at Tk1200 per person at Amaya for both lunch and dinner. This uniquely designed platter comes in a style that has eight compartments so as to ensure optimum capacity for all types of measured food strategies.

The bento platter features organic food with herbal and healthy ingredients. The contents include Japanese coleslaw, chicken dumplings salad and the classic miso soup. Guests can also try out the chicken katsu don, vegetables tempura, salmon and tuna sashimi, as well as the vegetables maki for their main dish.

Deck 41, a sizzling rooftop venue with relaxing surroundings, represents an opulent celebration of life and a rediscovery of passionate interactions. Deck 41 will launch its new brunch on Saturday, offering unlimited food, water

and soft drinks at Tk 2500 per person, available only on Saturdays from 12 to 3 pm.

Guests can start off with a salad, appetisers, and a variety (seven kinds) of egg dishes, such as the smoked salmon scrambled egg, royale omelette on brown toast, eggs benedict classic, eggs benedict florentine and many more. There will also be main courses of rotisserie chicken, breaded chicken fillet, grilled lamb kofta, grilled lamb chops, Mediterranean braised mussels, pan-seared sea bass, baked fish, garlic prawns and vegetable tandoori.

Also, guests can enjoy several side dishes such as pilaf rice, potato wedges, mashed potato, sautéed vegetables and naan bread. Penne or spaghetti will also be served with a variety of sauces. The weekend brunch includes sweet and savoury items and guests can also enjoy free-flowing soft drinks.

For reservations please call: 01777796444 or email reservations.dhaka@amari.com.

## WHY DO WE NEED TO TRIM OUR TUMMY FAT?

Everybody desires a flat seductive tummy but with age, stress, sedentary life style, child bearing or lack of exercise can keep you far away from it. Sadly, tummy fat is not just about fitting into your clothes but also a big issue for long-term health.

Here are 4 reasons to work on shedding it:

1. The visceral fat of the tummy is "biologically active," & produces hormones (ladiponectin & leptin) that affects appetite & metabolism & blood sugar-regulating insulin. **Fatty liver change** is one of its consequences.
2. Fatty acids released by belly fat are also linked to higher LDL (bad cholesterol) & lower HDL (good cholesterol) & pumps out cytokines promoting constant low-level inflammation & insulin resistance.
3. As large waists are estrogen receptor negative, it is more likely to develop breast cancer.
4. Tummy fat & reduces fertility and potency.



Shape up without surgery and pain



Its better late than never...

- **Ultracontour HIFU** (High Intensity Focused Ultrasound) can be an excellent answer to achieve a flatter tummy.
- This revolutionary French technique sculpts your body by eliminating the unwanted pockets of 'exercise & diet-resistant fat'
- Effective on fat of **tummy, hips, love handles, thighs, back & arms.**
- The multisequential ultrasonic waves burst the fat cells & drain the fluids & the waste immediately by **Ultrasound Multi-Lymphatic Drainage (UMD).**
- The procedure is permanent & shows circumference loss of 1-3 inches after the procedure.
- This fascinating procedure can be a non-invasive answer to those who are afraid of surgical intervention & more concern about shaping up themselves.



**Dr. Jhumu Khan**

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