

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Try a night out with your mate. Relatives may be difficult to deal with. Sudden romantic infatuations won't be lasting. Your lucky day this week will be Wednesday.



TAURUS (APR. 21-MAY 21)

Changes at home will affect family members. Be transparent. Evasion is likely if you aren't direct about your feelings. Your lucky day this week will be Wednesday.



GEMINI (MAY 22-JUNE 21)

Money-making opportunities will flourish. Relationships will be erratic this week. Don't let anyone abuse you verbally. Your lucky day this week will be Tuesday.



CANCER (JUNE 22-JULY 22)

You may have to defend your mate. Don't let anyone take advantage of you. Travel will initiate new connections. Your lucky day this week will be Thursday.



LEO (JULY 23-AUG 22)

Promote your work with confidence. Do not yield to relatives. You will accomplish what you want this week. Your lucky day this week will be Monday.



VIRGO (AUG. 23-SEPT. 23)

Get involved in self-improvement programmes. Hassles with in-laws could put a damper on your day. Your lucky day this week will be Thursday.



LIBRA (SEPT. 24-OCT. 23)

Difficulties with family may result in estrangement's. You will communicate well this week. Don't divulge secret information. Your lucky day this week will be Sunday.



SCORPIO (OCT. 24-NOV. 21)

Try to get others to stand behind your good judgment. Try getting back into shape. Believe in yourself and your talents. Your lucky day this week will be Monday.



SAGITTARIUS (NOV. 22-DEC. 21)

Finish any pending work. Entertainment could be expensive. You could be quite erratic regarding your personal relationship. Your lucky day this week will be Wednesday.



CAPRICORN (DEC. 22-JAN. 20)

Social activities will be enjoyable. Clear up pending domestic chores. Don't be too confident that co-workers are on your side. Your lucky day this week will be Thursday.



AQUARIUS (JAN. 21-FEB. 19)

Help others solve their dilemmas. Use your inventiveness to find solutions. You might have a problem juggling your time. Your lucky day this week will be Wednesday.



PISCES (FEB. 20-MARCH. 20)

You can surprise members of your family. Love could develop at social events. Pursue outdoor activities. Your lucky day this week will be Sunday.

KUNDALINI RISING

BY SHAZIA OMAR

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THE HEALTHY AND HOLY DETOX — YOGA DURING RAMADAN

It is a month of introspection, devotion and self-discipline. Comprising 30 days of abstinence, during Ramadan, it is important to keep your mind and body strong. Yoga builds flexibility and strength — not just for the body, but also the mind, which makes it a perfect accompaniment for fasting.

Hunger. Yoga. Cooking. Prayer. Restraint. Family. In his book, *Fasting for Ramadan: Notes from a Spiritual Practice*, yoga instructor and Oberlin College creative writing professor, Kazim Ali, touches on these parts of the human experience. Writing about the Islamic month of Ramadan, Ali articulates the process of fasting from dusk to dawn:

"Twenty-nine or thirty days to explore the line between the interior of the body and the surrounding world, to think about what is brought to us and what we owe," he writes. "Yoga is a practice, not unlike fasting, that allows us to practice linking the inside — the private experiences of the body and the mind, with the outside, the pulsing, breathing, actual world."

Here are some aspects of yoga that may help you during Ramadan.

ASANAS

Gentle stretching helps to speed up the elimination of toxins. Releasing toxins can help relieve symptoms of fasting such as migraines and fatigue. During Ramadan the best time for a little yoga is just before breaking fast or 2-3 hours after iftar.

NON-VIOLENCE

Ahimsa is one of the key principles of yoga and also of fasting. It refers to non-violence in action, words and thoughts. This includes not only violence against others but also oneself.

DON'T BE GREEDY

Aparigraha is another key principle of yoga which says we must avoid hoarding and greed. Ramadan is a great time to practice restraint and compassion. This should apply to meals as well. Try not to binge during iftar.

CLEANLINESS

Soucha is also a key principle of yoga, which means cleanliness. This refers not only to ablutions, cleanliness of the body, but also of the mind. Wash out your negative thoughts. This may be a good time for some 'spring cleaning'. Get rid of things you no longer need. Get rid of thoughts that no longer serve you, or that limit and disempower you. Get rid of bad habits.

MEDITATE

Shavasana or corpse pose takes focus on remaining still and simply 'be'. It is also known to boost your mood, relieve stress, fatigue, headaches and lower blood pressure. Lie back, elongate your spine on the floor, and connect with the earth. This is the perfect time to reflect, re-centre and ready yourself for the rest of the day.

BREATHE

Sheetali is a form of pranayama. It is a cooling breath that calms the body and mind. It also has a positive impact on our nervous system and endocrine glands. "A person becomes young and charming by practicing this process," according to the Hatha Yoga Pradipika

by Swami Swatmaramji. It helps people to control thirst and hunger.

Sit comfortably and inhale through your rolled tongue, like pulling through a straw. If you cannot roll your tongue (and don't feel bad just blame your parents because it's genetic) then push your tongue against the back of your top front teeth with a wide smile, keeping your teeth together and inhale. You will feel the cool air entering, cooling your tongue. Close your mouth and retain the breath within for a moment, then exhale through your nose. Repeat ten to twenty times whenever you like.

HYDRATE

Make sure to drink lots of water. Also fresh juices such as beet juice, bitter melon juice and carrot juice are very helpful for detox.

EAT HEALTHY

Load up on healthy food options like soups, yoghurt, fruits and vegetables. Dates and dried fruits are perfect as you break your fast. They are high in carbs, giving you energy, and iron to combat anaemia. Guava and papaya are a great source of fibre to help you digest your food and release your waste daily. Cucumbers and hummus are another healthy favourite and watermelon is a low-calorie filler upper. Please limit your peyajis! Fried food on an empty stomach is a recipe for ulcers.

Make this Ramadan the perfect opportunity to exercise healthy discipline and devotion, to detox your mind and body, shed a few kilos and embrace some positive lifestyle changes.

Shazia Omar is a writer, a yogi and an activist. www.shaziaomar.com

CHECK IT OUT

Anjan's Eid ensemble

Anjan's launches a special Eid collection every year that prioritises every member of the family. This year, the festival is being celebrated in the summer. So, the festive feel and the comfort factor have both been the brand's focus.

In addition to using both light and vibrant colours, cotton fabrics have mostly been used, keeping comfort in mind. Other soft fabrics like linen, Endi cotton, Joy silk, voile, mixed cottons and silks have also been used.

The collection includes shalwar kameez sets, single-kameez, saris, panjabis, tops, shirts, and fatuas; alongside with home textiles, gifts, and handmade jewellery.

Customers will get to see innovative cuts in the shalwar kameez sets and single piece kurtis.

Demand for saris has gone up over the years. Anjan's sari wardrobe has much variety, and the collection also includes those done by weavers, such as Jamdani and Katan saris.

Featuring screen print and embroidery work, panjabis are mostly available in shades of white, sky blue, ash, and pastels. As for the cut, regular fits are more sought after rather than the slim fits this year.

Anjan's also has an entire line for children's wear as well.

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RANG BANGLADESH

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