

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Use your creativity to find solutions. Be sensitive to others. Changes to the house will please the whole family. Your lucky day this week is Monday.



TAURUS (APR. 21-MAY 21)

You'll be tempted to spend. Do not! Don't let friends make you insecure about your capabilities. Your lucky day this week is Tuesday.



GEMINI (MAY 22-JUNE 21)

Discuss future plans with your partner. Money will come your way without working for it. Focus on self-care. Your lucky day this week is Tuesday.



CANCER (JUNE 22-JULY 22)

Overeating will lead to weight gain. Avoid letting children and friends borrow. Invest in worthwhile endeavours and socialise more. Your lucky day this week is Friday.



LEO (JULY 23-AUG 22)

Drastic changes regarding your personal attitude are evident. Be careful on how to handle friends. Work hard and meet your deadline. Your lucky day this week is Thursday.



VIRGO (AUG. 23-SEPT. 23)

Try to enlist the support of your co-workers. Change your living arrangements. Romance will blossom in travel plans. Your lucky day this week is Saturday.



LIBRA (SEPT. 24-OCT. 23)

Resolve uncertainties in your personal life. You can make favourable real estate offers this week. Be more proactive at work. Your lucky day this week is Wednesday.



SCORPIO (OCT. 24-NOV. 21)

Avoid arguing about trivial matters. Home improvement projects will run smoothly. Avoid investing in joint financial ventures. Your lucky day this week is Friday.



SAGITTARIUS (NOV. 22-DEC. 21)

Don't blame others for your bad mood. Romantic opportunities are evident. Problems with finances will make you nervous. Your lucky day this week is Monday.



CAPRICORN (DEC. 22-JAN. 20)

Stability will bring about balance. Friends from your past may come back into your life. Spend time with youngsters. Your lucky day this week is Friday.



AQUARIUS (JAN. 21-FEB. 19)

Donations could be unnecessary. Make changes in your domestic scene. Throw yourself into your work. Your lucky day this week is Thursday.



PISCES (FEB. 20-MARCH. 20)

Your spouse will appreciate your honesty. Your lover may cost you financially. Networking will be a necessity. Your lucky day this week is Sunday.

KUNDALINI RISING

BY SHAZIA OMAR
is a writer, an activist and a yogini.
www.shaziaomar.com



Kapal bhati is a *kriya*, or yogic practice, which invigorates the brain and awakens the dormant centres which are responsible for subtle perceptions. *Kapal* means forehead. *Bhati* means light, but also 'perception' or 'knowledge'.

The practice of *kapal bhati* helps to clear the sinuses, and heals mucus disorders and respiratory diseases such as asthma, allergies, etc. It purifies the frontal brain and rejuvenates tired cells and nerves. It also brings energy to the gut, improving the vitality of the abdominal organs, increasing metabolism, improving digestion and promoting regularity, thus helping with weight loss.

When practiced regularly, it relieves constipation, acidity, and anorexia. It also helps to stimulate the pancreas to release insulin that helps in controlling diabetes and improves liver and spleen functions. Most importantly, it polishes the third eye (intuition) and helps to spiritually awaken the *ajna chakra*. This, in turn, nurtures mental wellbeing.

To perform *kapal bhati*, sit in a comfortable meditative pose, spine upright, eyes

Kapal Bhati — Frontal Brain Purification

closed, palms on knees, relaxed. Perform exhalation rapidly 'like the bellows of a blacksmith.' Exhale and inhale through the nose only. The inhale should be silent, while the exhale may be loud as you force the air out of your lungs by contracting your lower belly. Try to keep the upper abdomen relaxed.

For advanced practitioners, with each exhale, engage *jalandhara bandha*, *moola bandha* and *uddiyana bandha*, in this order. With each inhale, release *moola bandha*, *uddiyana bandha* and *jalandhara bandha* in this order.

If you feel dizzy during this practice, stop and relax. When you feel better, continue with less force and more awareness.

Kapal bhati should be avoided during pregnancy and menstruation, and during asthma attacks. Stop immediately in case you are feeling any discomfort. Individuals suffering from high blood pressure and severe cardiac disorders should also avoid this.

The body has three *doshas* (faults) — *kapha* (mucus), *pitta* (acid) and *vata* (wind). An imbalance in any of these

causes diseases. The mind also has three faults: *mala* (impurity), *vikshepa* (distraction), and *avarana* (ignorance).

Impurity is the psychological stuff which manifests when you sit for meditation. There are five types: *karna* (sensual desire), *krodha* (anger), *maha* (infatuation), *mada* (arrogance or pride), and *matsarya* (envy). When visions dance across your mind and you cannot concentrate because thoughts keep oscillating between the past and future, that is *vikshepa*. When the mind is unable to understand itself that is ignorance or *avarana*.

Through the practice of *kriya*-s and breathing techniques, centres in the physical body which are responsible for arousing these *dosha*-s, are stabilised. The *kriya*-s work on the physical body to influence the mind, brain waves and blockages of energy.

Although these cleansing exercises are very powerful and effective, they have to be practiced regularly to maintain balance. Otherwise, impurities accumulate very quickly and the body and mind soon fall back into old patterns.

CHECK IT OUT

Samsung: making life simple for newlyweds

A recently married couple, have found a two-bedroom house in Badda. The tech-loving couple plans to turn their second bedroom into an entertainment room, with a TV along with gaming devices, a bookshelf, and a small desk for laptops. They also want to buy a bigger TV for the living space to entertain guests. However, buying two TVs at a time is difficult for most, specially while saving up for other household purchases. Considering this, Samsung wedding offer of buying a UHD TV and getting a LED TV for free, will be perfect for Nina and Shafi!

As a modern couple, they plan to purchase electronic appliances to make life easier—like vacuum cleaner, refrigerator, microwave oven, and air conditioner. Since newlyweds receive money as gifts from their relatives, it can be used brilliantly in combination with offers from Samsung.

The offer includes cash back like up to Tk10,000 on a refrigerator, microwave oven, vacuum cleaner, and washing machine. The wedding offer also includes 15% cash back on air conditioners, plus mega-gifts.

For more information visit: <https://bit.ly/2Ayp1B> or www.facebook.com/samsungbangladesh

NEWS FLASH

Playing under the open sky

On 7 December, 2018 between 8 AM and 11 AM, children of the city got a rare opportunity to enjoy what was termed, 'Private Car free Manik Mia Avenue'.

During the event, 200 metres of the Avenue facing the iconic architecture that is the National Parliament Building, was closed off and dedicated as a recreational space for children and people from all walks of life.

Children were given sports equipments by the organisers; people of all ages were busy riding bicycles and playing games. No one required a ticket to participate in the orchestra of dreamers!

In the ongoing month, Surf Excel, a

brand of Unilever Bangladesh, has set out on a partnership in the initiative, jointly launched by the public and private sectors in association with Dhaka Metropolitan Police (DMP). Since its inception on 10 November, 2017 the initiative had a promise to keep. And it is a promise well kept as 7 December, 2018 marked its first anniversary.

The initiative's core aim was to reduce traffic congestion, strengthen the network among city dwellers and allocate a space for children to play under the sky. In addition, Surf Excel featured a handful of activities to make the children's participation more rewarding.

Based on the pledge by Obaidul

Apex inaugurates largest shoes store in South Asia

Apex has opened the largest shoe store in South Asia at Bashundhara City Shopping Mall, Dhaka.

The store offers a state-of-the-art shopping atmosphere with 23,000 sq ft of space, it also has a dedicated children's play area. Customers can also keep their favourite shoes maintained with Apex's very own shoe doctor at the Cobbler Station.

The store boasts of widest collection of designs from each of Apex's brands, namely — Venturini, Apex, Sprint, Maverick, Moochie, Nino Rossi, Sandra Rosa, Twinkler, Schoolsmart and Dr. Mauch.

For all the ladies, the Moochie line has contemporary stilettos along with stacked heels as well as state of the art kitten heels. There's also Nino Rossi's comfortable and stylish category for all the fashionistas who do not want to lose their fashion fever.

As for the men, Apex has sandals and trendy loafers, along with formal shoes offered by Venturini. As for the rebels, they have Maverick offering boots, loafers and moccasins.

If global is your style, you can pick shoes and accessories from their international brands — Police, Clarks, Cross and Dr. Mauch.

Quader, Honourable Minister of Road Transport and Bridges in keeping Manik Mia Avenue car free at least for a day, the event was organised here for the first time, although such initiatives are not unheard of in the other parts of the world.

There is no denying that we need more playgrounds and parks to ensure physical and psychological growth of children. If we can keep part of the city road network car free at least for a certain period of time, it can make up for the lack of playgrounds, at least to some extent.

Look out for continuation of this splendid event in the coming months; for highlights and more information visit www.facebook.com/SurfExcelBD