

04 LIFE STYLE

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Refrain from being judgmental. Make financial gains through other people's money. Travel will lead to new romantic connections. Your lucky day this week is Sunday.



TAURUS (APR. 21-MAY 21)

Look closely at motives in your personal encounters. Take some time out. Focus on projects and you'll shine. Your lucky day this week is Friday.



GEMINI (MAY 22-JUNE 21)

Delays will cause upset. Small business ventures can earn you extra cash. Things at home may be somewhat rocky. Your lucky day this week is Monday.



CANCER (JUNE 22-JULY 22)

Engage in social activities with the family. Reconnect with old friends. Keep your spending habits on check. Your lucky day this week is Wednesday.



LEO (JULY 23-AUG. 22)

Outdoor sports events should entice you. Keep your cool around family members. Learn to be more self-dependent. Your lucky day this week is Saturday.



VIRGO (AUG. 23-SEPT. 23)

Your ability to put a deal together will surprise others. Focus on your domestic scene. Get together with friends. Your lucky day this week is Tuesday.



LIBRA (SEPT. 24-OCT. 23)

Major moves will not be benefitting. Avoid gambling unless you can afford to lose. Be thoughtful towards family members. Your lucky day this week is Thursday.



SCORPIO (OCT. 24-NOV. 21)

Travel should be in your plans. Focus on self-improvement. Gain valuable cultural knowledge through dealing with foreigners. Your lucky day this week is Friday.



SAGITTARIUS (NOV. 22-DEC. 21)

Take short trips. Move into leadership positions if you are determined to do so. Invest in new romantic connections. Your lucky day this week is Saturday.



CAPRICORN (DEC. 22-JAN. 20)

Keep your temper in check at work. Pay more attention to your partner. Educational pursuits will lead to romantic encounters. Your lucky day this week is Saturday.



AQUARIUS (JAN. 21-FEB. 19)

Working from home will benefit you. Invest in creative projects. You can buy or sell if you're so inclined. Your lucky day this week is Saturday.



PISCES (FEB. 20-MARCH 20)

Ask friends to help with preparations. Opportunities will lead to long term investments. Different perspectives will be insightful. Your lucky day this week is Friday.

KUNDALINI RISING

BY SHAZIA OMAR
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Helena Rosenthal first encountered the Ashtanga Vinyasa method when she was just 19 years old. For the past 11 years, she has taught at her own shala Ashtanga Pitanga in São Paulo, among many other local studios.

I had the pleasure of meeting Helena, an inspiring yogini, on one of my many training getaways. After exchanging a few words, I asked her for an interview, which I am sharing with you, my readers, today.

1. How did you get interested in yoga? What kind of yoga do you teach and where?

I got interested in yoga immediately after I experienced my first ever yoga class. I was walking with some friends by the beach in Ilha do Mel, Brazil. As I was staring at them, mesmerised, I was invited to join the crew. I clearly remember that feeling of happiness and connection I felt in that moment, for the very first time. From that day on, I was decided on learning more. I tried a variety of methods, and then I discovered Ashtanga Vinyasa yoga, the tradition from Mysore (South of India). Bewitched by the practice, I made my first trip to KPJAYI (K Pattabhi Jois Ashtanga Yoga Institute) in Mysore, India, in 2008, and six years later, was granted Authorisation Level 2 by my teacher Sharath Jois. I also accomplished a 200h training with Gregor Maehle and Monica Gaucci. For the past 16 years, I've been practicing, studying and teaching Ashtanga around the globe. After a few years with my own shala in São Paulo, Brazil, I was invited in 2016 to teach in London. I have also travelled Germany, France, and Portugal, sharing my yoga everywhere I go. At the moment, I'm on my way to Berlin, where I will run classes for a month, and then, move with my partner to Valencia, in Spain, where I plan to open a small practice space.

2. In what ways has yoga benefited you?

Yoga has definitely changed me, inside and out. It revealed a much more authentic person - as I naturally dropped the

Interview of a Yogi: HELENA ROSENTHAL



willingness to be anyone but myself. Yes, it gave me flexibility, strength, balance, and great health, but most importantly, it gave me more contentment, more inner stability, greater appreciation for nature, silence, music, and family. I believe I've become a more serene and joyful person in my own way, and more capable of being present to make the best of this sacred opportunity; being alive.

3. Describe a typical day in your life.

My routine obviously varies as I travel or change jobs, but this is how it is nowadays. I wake up at 4:45AM and have a glass of warm water with lemon and clean my tongue - those are Ayurvedic suggestions to eliminate toxins that the body produces overnight. Then I do some naulis (yogic abdominal kryias - again, for inner purification), have a quick shower, eat some berries, and take a bus to the shala (the yoga studio). I teach from 6:30AM to 9AM and then walk back home, crossing through Regents park; my way to contemplate and enjoy nature in this big city. I then buy the necessary organic items for lunch (I'm a vegetarian). As I finish, I take time off for internet, reading a bit or resting etc. and by 4PM I get into my living room and do my two-hour personal practice (asana, pranayama and meditation). After that, I

get ready to teach a private class. When I am home, I'll usually have a soup, read or watch a movie, and go to bed by 9:30PM. As I sing and love music, I try to go to a musical concert once a week.

4. What advice do you have for someone who has never tried yoga?

I would say definitely give it a try. Find a method and a teacher that resonates with you, and give it a try for at least a month. Also, be mindful when choosing your teacher. A minimum of 5 years of personal practice is expected from any professional in any area. Ask yourself if you feel safe, comfortable, and cared for by this person, and if she/he seems really coherent.

5. What advice do you have for yoga practitioners?

Be patient. Everything changes. I see so many students being intolerant with their limitations or trying to change a lifetime pattern in a few weeks or months. Ahimsa, or non-violence, must be practiced first within ourselves. Yoga is a journey and a destination at the same time. Each and every breath is precious and holds the key for the present moment.

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Photo courtesy: Shazia Omar

THANK GOD IT'S FRIDAY

BY TANZIRAL DILSHAD
DITAN



FARIDA PARVEEN AND L'ENSEMBLE TM+ MUSICAL CONCERT

Date: 8 March, 2019

Time: 6:30PM

Venue: Bangladesh Shilpakala Academy, 14, 3 Segun Bagicha Rd, Dhaka 1000

Alliance Française de Dhaka, in collaboration with Alliance Française de Chittagong, will be organising an exceptional musical programme on 8 March, 2019 at Bangladesh Shilpakala Academy. This programme is a rendezvous, a tête-à-tête between Lalou and contemporary French composer and conductor Laurent Cuniot. One of Lalou's foremost practitioners, Farida Parveen will initiate the conversation, with L'ensemble TM+, consisting

of soprano Hadhoum Tunc, Jean-Pierre Arnaud on oboe, Nicolas Fargeix on clarinet, and Florian Lauridon on cello.

For more information, please log on to www.tmplus.org

YOGA & MUSIC - AWAKEN YOUR DIVINE FEMININE

Date: Friday, 8 March, 2019

Time: 4PM - 5:30PM

Venue: Yoganika, Plot 44, Road 12, Block E, Banani, Level 5, 1215 Dhaka

Yoganika invites you to celebrate your glorious feminine shakti this 8 March, International Women's Day! Chill out, stretch, listen to some amazing music while we move our bodies in and out of various stretches. Please bring your own

yoga mat and entry is women only and priced at Tk 1,000 per person.

KORAL KLAUSET COLOURS OF BASHANTO & BOISHSKH EXHIBITION

Date: 8 March - 9 March, 2019

Time: 11AM - 9PM

Venue: Gardenia Grand Hall, House NW(I)-8, Road 51, Gulshan 2, 1212 Dhaka, Bangladesh

To celebrate the coming Baishakh, Koral Klauset & Maaya is hosting an exquisite exhibition on 8 and 9 March, 2019. Spend a few hours enjoying the latest trends of lifestyle and fashions from prominent designers and entrepreneurs of Bangladesh.

Songs, pictures and fashion