

HOROSCOPE



ARIES
(MAR 21-APR 20)

Solve legal matters through compromise. Don't get involved in other people's problems. Resolve pending issues quickly. Your lucky day this week is Saturday.



TAURUS
(APR 21-MAY 21)

Conflicts over joint finances are likely. Digestive disorders will be a result of family squabbles. Renovate your living quarters. Your lucky day this week is Thursday.



GEMINI
(MAY 22-JUN 21)

Avoid getting involved in petty arguments. A series of misunderstandings may be at fault. Make time for relatives. Your lucky day this week is Wednesday.



CANCER
(JUN 22-JUL 22)

Your ability to deal with others will help you accomplish your goals. Invest in self-improvement projects. Rethink your motives. Your lucky day this week is Friday.



LEO
(JUL 23-AUG 22)

Avoid getting involved in personal problems. Don't trust new friends quickly. Someone you care about is hiding something. Your lucky day this week is Tuesday.



VIRGO
(AUG 23-SEP 23)

Do your own thing. Be careful when dealing with loved ones. Work on personal investments to profit. Your lucky day this week is Wednesday.



LIBRA
(SEP 24-OCT 23)

Your talents might just be discovered. You may have problems with those you live with. Partnerships will be favourable. Your lucky day this week is Tuesday.



SCORPIO
(OCT 24-NOV 21)

Communication is key with your partner. Spend time with friends you enjoy. Don't prejudge. Your lucky day this week is Friday.



SAGITTARIUS
(NOV 22-DEC 21)

Keep your finances in check. Patience will be rewarding. Limitations will set in if you haven't followed the rules. Your lucky day this week is Monday.



CAPRICORN
(DEC 22-JAN 20)

Be inquisitive about unfamiliar circumstances. Don't donate more than you can afford to. Save for a rainy day. Your lucky day this week is Monday.



AQUARIUS
(JAN 21-FEB 19)

Career changes may increase your income. Social activities will be satisfying. Involvement in large groups will lead to romance. Your lucky day this week is Wednesday.



PISCES
(FEB 20-MAR 20)

Be sensitive towards family members. Be an observer before getting involved. You will be in the doghouse for being difficult. Your lucky day this week is Tuesday.

KUNDALINI RISING

BY SHAZIA OMAR

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Lions Breath – Roar Away Your Toxins!

Arguably *Simhasana* is the funniest looking yoga pose, but also, Lion's Breath is a powerful way to release toxins and clear your mind!

How to:

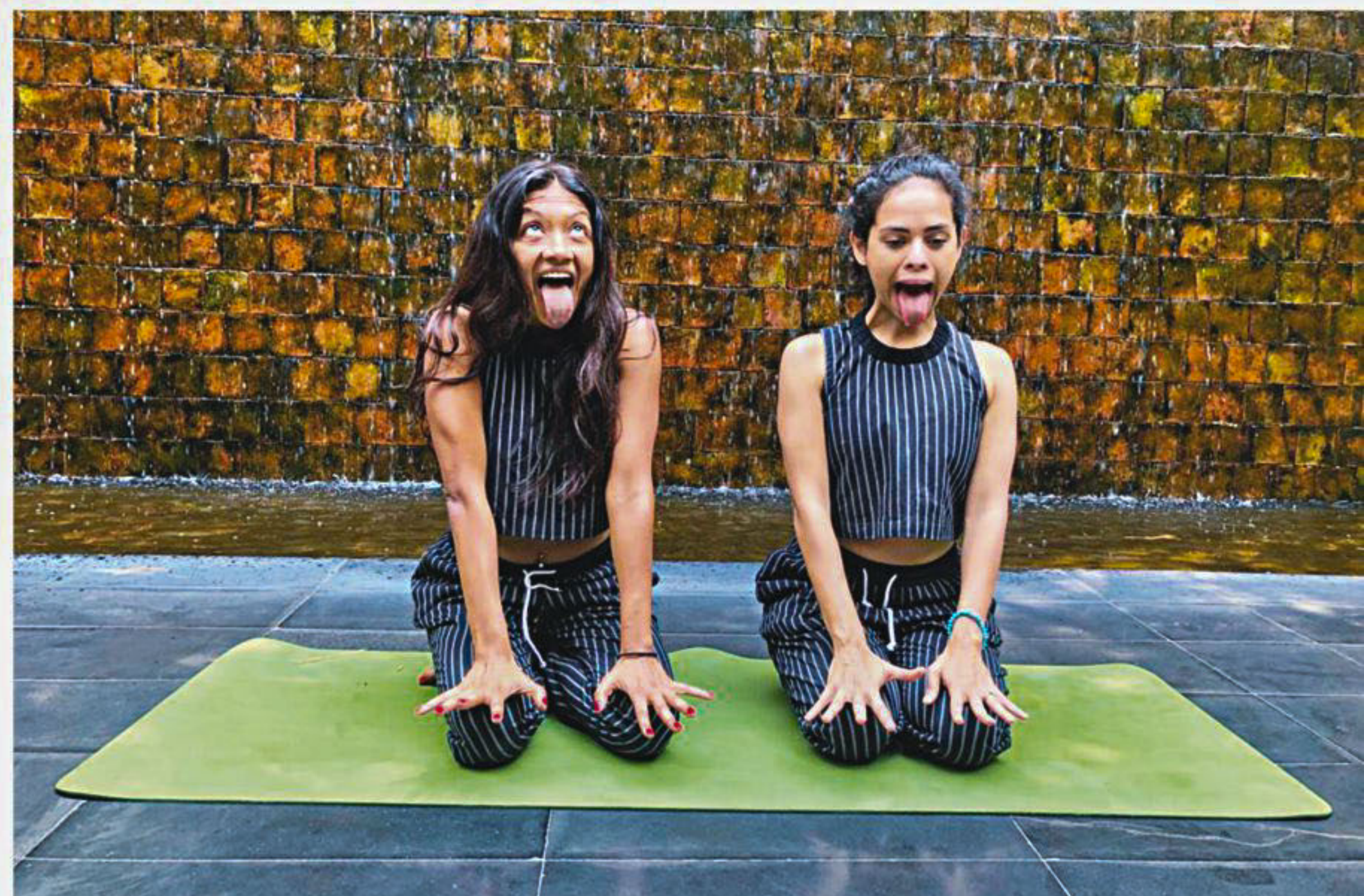
Sit in on your ankles. Your spine should be straight but as relaxed as possible. Inhale deep into the belly, then exhale and roar like a lion (make the sound "Haa!"). Stick your tongue out as far as it will go. Try to look between your eyebrows and hold the deep exhale, letting everything out.

After roaring, hold the pose for 20 to 30 seconds, extending the tongue out as far as it goes. At the same time, extend out your fingers and stretch out your palms.

Repeat this process about 3 to 5 times, consciously telling yourself to release any toxins or negativity inside you. At the end of each round, take a big deep breath in and let yourself relax. You will feel light and refreshed.

Benefits

Simhasana improves blood circulation in the face, tongue and throat. It clears the vocal chords and helps open the respiratory tract. It is therapeutic for tonsils, thyroid



and other problems related to the throat. It stimulates the parasympathetic system. It helps reduce ear problems and is known to assist children who have a lisp. It can relieve certain back pain and tension in the

jaws. It prevents the throat from drooping with age. It helps relieve anger and frustration and promotes healthy living.

Photo: Shazia Omar

CHECK IT OUT



Wedding sherwani from Lubnan

The quintessential wedding outfit for the groom in one word is a sherwani. This outfit never goes out of fashion; rather, the cuts, styles and colours continuously add that extra edge over the rest of the wedding attires. Not to mention the fabric being used, since it is the ultimate determinant in what counts as a 'win' for the sherwani.

On this point, Lubnan's main designer and director, Md Naimul Haque Khan mentions Jamawar as the fabric

of choice for sherwanis. With variations in weaving, this type of fabric adds a touch of elegance. Dupion silk is another popular fabric. While various cuts and patterns are being observed, the slim cut is the most sought after, adds Khan. Mid length sherwanis appear to be the main choice for grooms. Necklines and cuff-lines are adorned with karchupi, zardozi, or with machine embroidery. For Jamawar, light work is the order of the way. Piping too is making a come-

back. Of course, rather than heavily worked sherwanis, comfortable and contemporary patterns are more in fashion nowadays.

As for where to get the sherwani of choice, readymade ones are always available at Lubnan. In case the groom-to-be is looking for a bespoke full-set, that too is possible, given enough time.

For more information, visit www.facebook.com/Lubnanbd