

# HOROSCOPE



## ARIES (MAR. 21-APRIL 20)

Be sure you get accurate information. Be wary of dishonest friends. Children will not cooperate with you. Your lucky day this week is Thursday.



## TAURUS (APR. 21-MAY 21)

Don't blow situations out of proportion. Professionalism will be of utmost importance. Financial stress may lead to uncertainty. Your lucky day this week will be Thursday.



## GEMINI (MAY 22-JUNE 21)

Too much talk might lead to hassles. Help older members in the family. Put your efforts into your work. Your lucky day this week is Wednesday.



## CANCER (JUNE 22-JULY 22)

Figure out the cost of new ventures. Think twice before you speak. Romantic encounters will develop through colleagues. Your lucky day this week is Sunday.



## LEO (JULY 23-AUG 22)

Concentrate on home improvement. Small details will make a difference. Learn to take criticism. Your lucky day this week will be Saturday.



## VIRGO (AUG. 23-SEPT. 23)

Spend quality time with family. Be supportive of friends. Don't overspend on luxury items. Your lucky day this week is Tuesday.



## LIBRA (SEPT. 24-OCT. 23)

Do not let others provoke you. New projects will not be profiting. Update and review your personal investments. Your lucky day this week is Saturday.



## SCORPIO (OCT. 24-NOV. 21)

Be careful when signing documents. Renovations will pay off. It will not take much to upset your partner. Your lucky day this week will be Wednesday.



## SAGITTARIUS (NOV. 22-DEC. 21)

Invest in thoughtful ideas. Children may be less than honest with you. Real estate investments will be profitable. Your lucky day this week is Monday.



## CAPRICORN (DEC. 22-JAN. 20)

Do not overreact to someone's advances. Travel is evident. Organise social events, or family gatherings. Your lucky day this week is Tuesday.



## AQUARIUS (JAN. 21-FEB. 19)

You might have a problem juggling your time. Spend some time with loved ones. Pleasure trips will be benefitting. Your lucky day this week is Saturday.



## PISCES (FEB. 20-MARCH. 20)

Lovers may prove unworthy of your affection. Don't exaggerate. Group endeavours will provide you with entertainment. Your lucky day this week is Sunday.

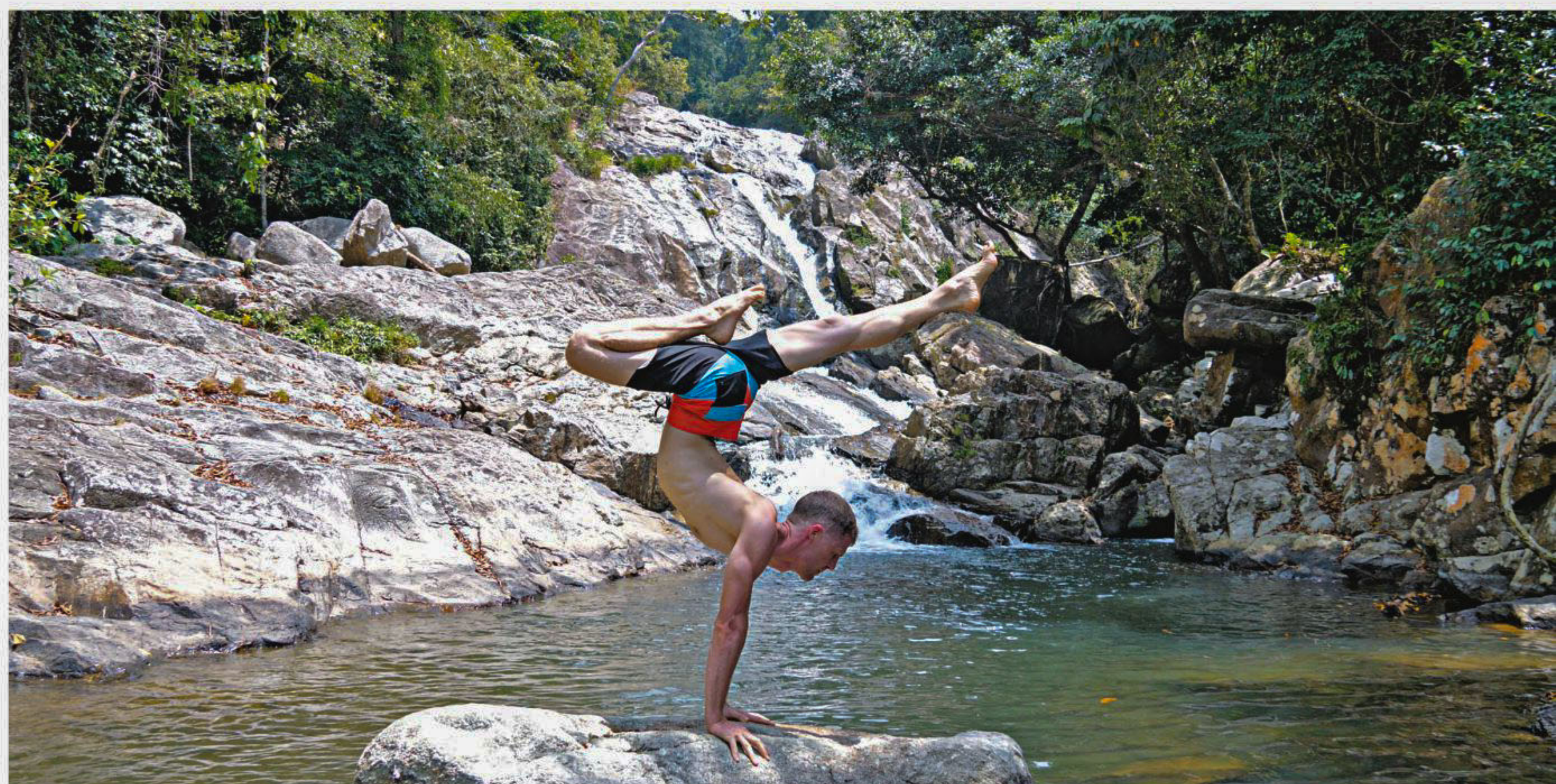
### KUNDALINI RISING

BY SHAZIA OMAR

Writer, activist and yogini  
www.shaziaomar.com



# Tete-a-tete with Daniel Stringer



### How did you get interested in yoga?

A friend recommended that I try out an Ashtanga Yoga Class. After one class I was hooked and never looked back.

### Where did you learn yoga? What kind of yoga do you teach and where?

My yoga education began in my home town of Bristol, England, after which, I practiced in Mysore and other parts of Southern India. I spent 10 years teaching in big studios in Hong Kong where yoga is incredibly popular. Eventually, I found myself at Samahita in Koh Samui, Thailand, where I've been teaching for the past year.

### In what ways has yoga benefited you?

The benefits came gradually. First there was an immense sense of happiness and fulfilment. Good physical health and vitality followed, and ultimately my whole being was drawn back together. I developed clarity of mind and an understanding of my purpose in life, as well as a sense of belonging. As a teacher

I have learned to connect with others on a deeper level and tune into what they need.

### Describe a typical day in your life.

I usually begin with a simple morning meditation before heading off to teach classes. After teaching, I do my own practice. The rest of the day is spent with other tasks around Samahita. When the working day is over, I collect my son from school and head home.

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

Give it a try and see where it takes you. There may be an initial awkwardness if you have never done any body movement, or physical sports, but if you find the right teacher and give it time, you will discover something new about life and yourself.

### What advice do you have for yoga practitioners?

If you are already practicing yoga, then obviously you have found something that keeps you involved and turning up on your mat. I recommend to keep you heart

and mind open to learn new techniques and methods, and meet new teachers.

It's easy to get stuck in a rote pattern and get lost, but if the joy is within you and your attitude is open, then keep it going and all is coming.

### What are some of the things you do to take care of the world, or yourself that you have learned along your journey?

I feel particularly connected to nature. It is deeply healing to be surrounded by trees, fresh air, and water. We must all take responsibility to protect our environment in whatever way possible, even if that's just cleaning up our immediate surroundings, or consuming less to reduce our waste. Taking care of the people close to us, our family, friends and those whom we interact with daily is vital to happiness in life.

**Photo courtesy: Shazia Omar**

For more information, log into: <https://samahitarettreat.com>

### CHECK IT OUT

# Meet & Greet Nabela Noor

Emerald Events will be hosting the first ever Bangladesh Meet & Greet with YouTube star and beauty activist, Nabela Noor, on 14 September, 2019, at the Lakeshore Hotel, Dhaka.

Nabela Noor is a Bangladeshi-American YouTube star and beauty activist. She is also Founder and CEO of Zeba, a self-love focused movement and clothing brand. She focuses on body celebration and champions diversity on her social media platforms. She currently has a following of over 700,000 YouTube subscribers, with nearly 60,000,000 views, and amassed over 1,200,000 Instagram followers.

From an official and exclusive meet and greet, to the opportunity to attend an intimate Q&A panel with Noor and experience fun interactive activities, light refreshments, and photo opportunities with glamorous Instagram pop-up installations, this is an event you should not miss. Due to the high volume of interest in this event, all guests must be registered.

Admissions are ticket based, and categorised into two parts: Platinum (Tk 2,500) and Gold (Tk 1,500). Each category of admission will be provided exclusive opportunity to be up-close and personal

with Nabela.

Tickets are available at these locations:

#### Bistro E

Address: Bay's Edgewater, 1st Floor, NE(N) 12, North Avenue, Gulshan 2, Dhaka

Time: 8AM to 11PM

#### Hair Bar

Address: House 12b, Road 55, Gulshan 2, Dhaka

Time: 12PM to 8PM

For more information, visit <https://www.facebook.com/events/507773213329385/>