

**KUNDALINI RISING**

**SHAZIA OMAR**  
Writer, activist and yogini  
[www.shaziaomar.com](http://www.shaziaomar.com)



# Yoga for heart healing

I am in love with yoga, not only because it has helped me stay healthy and strong for the past 20 years, but also because it has helped me cope with loss and heart break. Yoga has helped me process and release grief by addressing both the physical and emotional aspects of this challenging experience. Deep meditation on forgiveness, compassion, and gratitude have had profound healing effects on me. Grief can manifest in the body as tension, tightness, and emotional distress, and yoga poses can provide relief and a holistic approach to healing. Here's how yoga poses can assist in releasing grief:

### Physical Tension Release

Grief often leads to physical tension and tightness, especially in the chest, shoulders, and neck. Gentle stretching and yoga poses can target these areas, helping to release muscular tension and create a sense of physical relief. For me, I store all my emotions in my hips, leading to lower back pain. Yoga also helps reduce this.

### Deep Breathing

Yoga incorporates deep and mindful breathing. Breathing exercises can help us

become more aware of our breath, which can be shallow and constricted during times of grief. Deep, intentional breaths can promote relaxation and reduce anxiety associated with grief.

### Emotional Expression

Some yoga poses, such as heart-opening and hip-opening poses, can allow for the release of stored emotions. Grief can often be accompanied by suppressed emotions, and yoga can provide a safe space to express and process these feelings.

### Mindfulness and Meditation

Yoga encourages mindfulness and self-awareness. Practices like meditation and body scanning can help us explore and acknowledge grief without judgment. This can lead to a deeper understanding of the grief process and facilitate its release.

### Grounding and Centering

Grief can make us feel emotionally ungrounded and scattered. Yoga poses



that emphasise balance and stability, such as standing poses and grounding postures, can help us regain a sense of centeredness and stability. Furthermore, the rhythm of a regular practice becomes an anchor in turbulent times.

### Self-Compassion and Forgiveness

Yoga philosophy calls for self-compassion and self-acceptance. Engaging in yoga

can help us cultivate a sense of kindness and gentleness toward ourselves during a difficult time like grief.

### Community and Support

Participating in a yoga class or group can provide a sense of community and support. Sharing the practice with others who may be experiencing similar emotions can help us feel less isolated.

It's essential to approach yoga as a complementary practice to support the grief process, not as a replacement for professional grief counselling or therapy when needed. If you are experiencing profound grief, you should talk to friends and seek the guidance of a mental health professional to help you navigate through your emotions and grief journey effectively. Yoga can be a valuable tool in conjunction with other forms of therapy and support.

To learn more about holistic wellbeing, check out [www.dhakaflow.com](http://www.dhakaflow.com)

### By Shazia Omar

The author is a writer and a yogini. You can follow her on Instagram or YouTube @ Shazzy Om.

## #PRESS RELEASES

# Yoga for all: Dhaka Flow's yoga classes at Justice Shahabuddin Ahmed Park

In the bustling city of Dhaka, where life moves at a frenetic pace, finding moments of serenity can be a challenge. However, thanks to Dhaka Flow, residents now have the opportunity to improve their physical and mental well-being through free yoga classes, which are being held from 1 September to 28 October at Justice Shahabuddin Ahmed Park. Through the park sessions — scheduled on Fridays and Saturdays — everyone can experience the benefits of yoga.

Yoga as an age-old practice has the power to transform lives. It not only improves physical flexibility but also boosts mental clarity. These yoga classes — conducted by four certified yoga instructors — cater to beginners and seasoned yogis alike.

"I believe every park in our country should have free yoga classes. Yoga helps us to understand our body, mind, and spirit. I think the more people know about yoga, the more they will want to practise it because yoga has so many benefits," said Shazia Omar, co-founder of Dhaka Flow.

She continued, adding, "We also want to promote a healthy lifestyle, which includes healthy nutrition through this two-month-long program. And so, our sponsor is Olio Orolio as it is a good oil to cook with and use. We want people to know about mental health, self-confidence, and healthy



interpersonal relationships through our park sessions."

The Managing Director of EC Organic Products Ltd (ECOPL) — distributor company of Olio Orolio — Tanveer Chowdhury, remarked, "During COVID-19, we started becoming health conscious and took care of our body and mental health. We focused on how to survive longer and lead healthier lifestyles and I am also into fitness and yoga. This is where the inspiration came from — to collaborate with Dhaka Flow and promote healthy living."

The sessions will go beyond physical flexibility; they will delve into mindfulness and meditation, fostering a deeper

connection between mind and body. The classes focus on holistic well-being — a response to the stress and challenges of modern life.

"I enjoy practising yoga because it helps me with my mental and physical health. It also lets me explore my personality, aiding me in cultivating compassion and understanding of others. I have learned a lot of lessons and I can apply them to other aspects of my life," explained Marc Thiry, a yoga enthusiast who is participating in these sessions.

Whether you're a seasoned yogi or a complete novice, there's a class tailored to your level. From gentle stretches, and relaxation techniques for beginners

to advanced breathing exercises for experienced practitioners, these classes are for a wide spectrum of yoga enthusiasts.

These free yoga classes are more than just an opportunity to stretch and strengthen your body — they are a chance to connect with like-minded individuals.

"People are coming together under one roof and discussing different aspects of yoga through this program. This is a wonderful initiative and I believe it is just the start; we have only scratched the surface and hopefully, it will turn into a wellness movement," remarked Faria Athar Khan, who is one of the yoga instructors and is doing MSc in yoga therapy from Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) in India.

Many people may wish to attend regular yoga classes taken by professionals, but find it expensive or not worth the expenditure. For them, it is undoubtedly a must-attend program.

So, mark your calendars and get ready to embark on a journey of self-discovery and wellness by joining free yoga classes by Dhaka Flow at Justice Shahabuddin Ahmed Park, Gulshan-2!

For more information, please visit: <https://www.dhakaflow.com/events/category/classes/>

### By Ayman Anika