

KUNDALINI RISING
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SECRETS OF YOGA

Breathing deep, living fully

For twenty-five years, I have been practicing breathwork (pranayama) and I have trusted one simple truth: breath is the living bridge between the body and the mind. Emotions shape the breath, and the breath reshapes emotion.



When we learn this duet, this tender, dialectic call-and-response, we learn to regulate ourselves with kindness. The following are some of the benefits of pranayama.

Vitality: Re-energise yourself

Most of us sip at life. When you breathe wide — belly, ribs, back — oxygen meets every corner, carbon dioxide is released, and your cells hum. You don't amp yourself

up; you plug yourself in.

Lung capacity: Make more room for you

Practice is gentle scaffolding. Slow, steady breaths mobilise the ribcage, strengthen the diaphragm, and awaken quiet pockets of the lungs. Stairs soften. Walks lengthen. Your body remembers spaciousness.

Parasympathetic ease: The vagus whisper

Long, velvety exhales stroke the vagus nerve and invite "rest and digest". Heart

rate loosens its grip, shoulders unhook, and your chemistry recalibrates. From this calm, choices get wiser, kinder.

The NO effect: nasal magic

Through the nose, breath gathers nitric oxide (NO), a natural vasodilator and antimicrobial. Airways open, blood carries oxygen more gracefully, and each inhale feels like a clear path through a quiet forest.

Mental clarity: The sky after rain

When breath steadies, the mind untangles. A few rounds of box breathing (4-4-4-4) or (4-7-8) and the inner weather shifts, thoughts line up, mood brightens, focus returns. Clarity is not forced; it arrives.

Begin simply — Five minutes, nose-only, slow and low. Let breath be your mood's steward and your body's guide. If this speaks to you, come practice with me. We will map this bridge together, movement, stillness, and the sweet conversation between them. Until your breath knows exactly where to lead you.

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#FASHION & BEAUTY

Fish DNA: Is it the anti-ageing fix you need?

In cultures where sentences such as "You don't look your age" and "Not a day beyond sixteen" are compliments, pressures to look youthful persist through each stage of life. No wonder, therefore, that women rush to try the first treatment that promises them the fountain of eternal youth. Retinol serums for the face? Yes! Fish DNA for your face? Hell yes!

"Ageing bothers me," concludes Zariat Raunak, a housewife in her late 30s. "Wanting to look young is not a crime!"

Zariat admits that she and her friends regularly go for invasive skin firming treatments and like to remain informed about the latest skin fixes in the market. While Zariat and her friends are well within their rights to feel this way, not every ageing female shares this sentiment. Some choose natural ageing over skin treatments, placing their trust in the power of clean and healthy eating and embracing their progressing time.

"I am quite comfortable in my own skin," shares Sharmin Rahman, a teacher in her 50s. "Not every grey hair or wrinkle bothers me. My age is the biggest truth of my life, so I don't feel the need to hide it."

Zariat and Sharmin may stand on two extreme ends of the spectrum, but there are plenty of other women who fall somewhere in the grey area between the two perspectives. There are those who will religiously try every new K-beauty product that offers them skin elasticity

and dewiness, but will draw the line at needles, and then there are those who will do facial yoga regularly and choose the occasional expensive facial in their salon menus, but will hold off on anything more than that.

There is a third group of women, however, who are on the fence about invasive skin treatments but will incline towards it if the right one comes along. And, for them, there may be good news on the horizon.

Samia Kader, who has heard of the new salmon DNA technique, is quite intrigued about it.

"Salmon DNA is not new in the field of medicine," she mentioned. "It helps with areas such as tissue generation already. And omega-3, of course, is one of the best natural collagen builders. This is why this particular composition is so interesting to me."

For those like Samia who are looking for a natural, "heal from within" formula and do not mind investing in it, salmon DNA boosters may be the answer.

Founder of SkinFix, Dr Rimta Farid, feels that salmon DNA, with its gradual results, are definitely a promising cell rejuvenation procedure.

"Think of Salmon DNA as a superfood smoothie for your skin cells: nourishing, restorative, and packed with potential. Just don't expect one sip, or in this case, one session, to change your skin overnight."

While some are still taking the benefits of such a treatment with a pinch of salt, science seems to be backing it for now. Benefits of salmon DNA, according to experts, include reducing inflammation and increasing the growth of blood vessels. In layman's terms, the more nutrients and oxygen that are delivered to the skin, the better it heals from within, the smoother it looks, and the brighter it glows.

For now, salmon DNA looks like a good compromise between chemical fillers and non-invasive skin treatments. While involving the use of needles, the process works best when part of a more comprehensive skincare and lifestyle approach. Not a quick fix for the skin, the treatment is rather a gradual cellular regenerative process that is safe and sustainable.

By Munira Fidai
Photo: Collected

