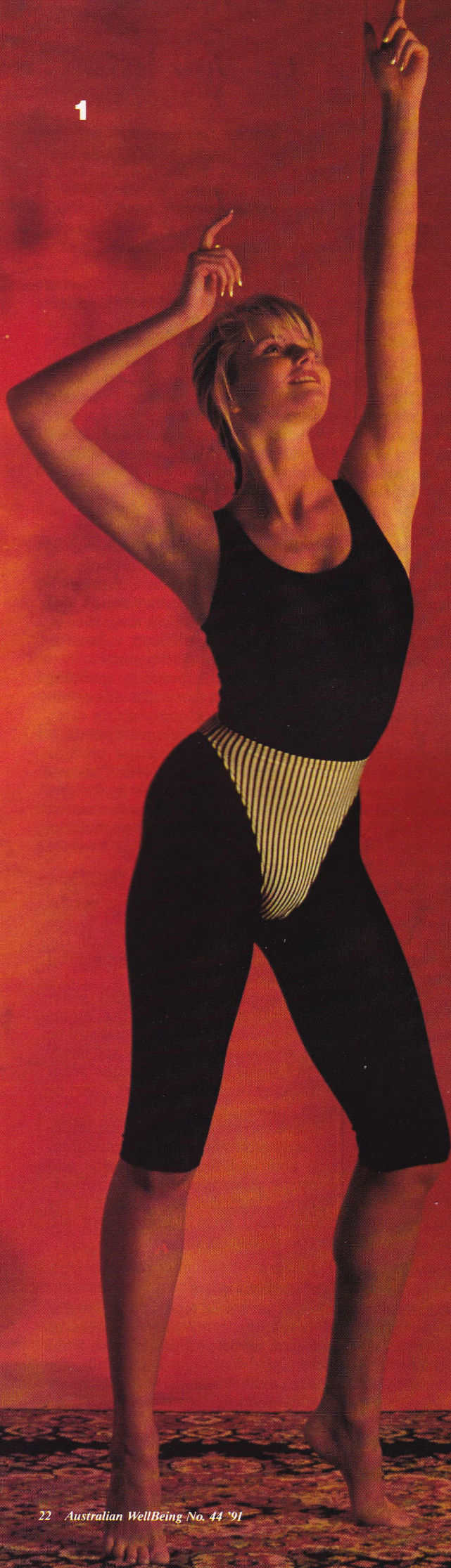
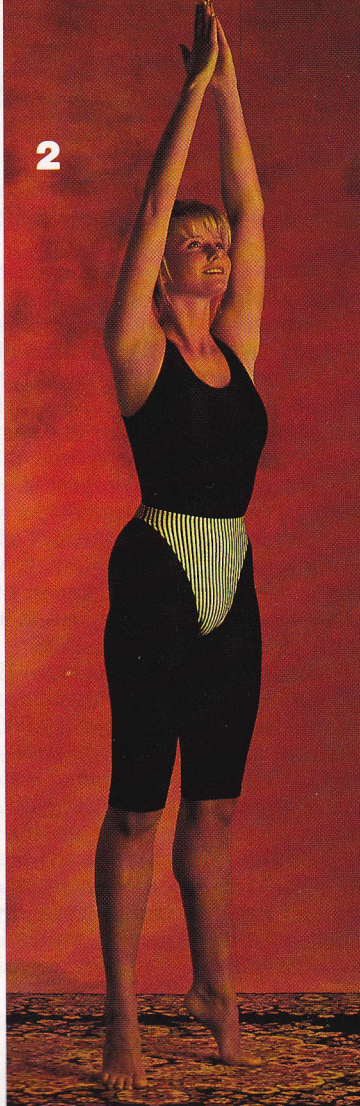


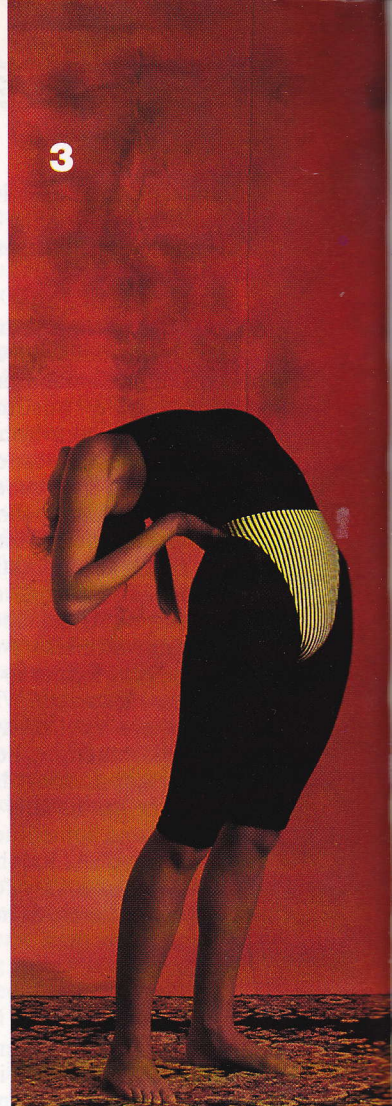
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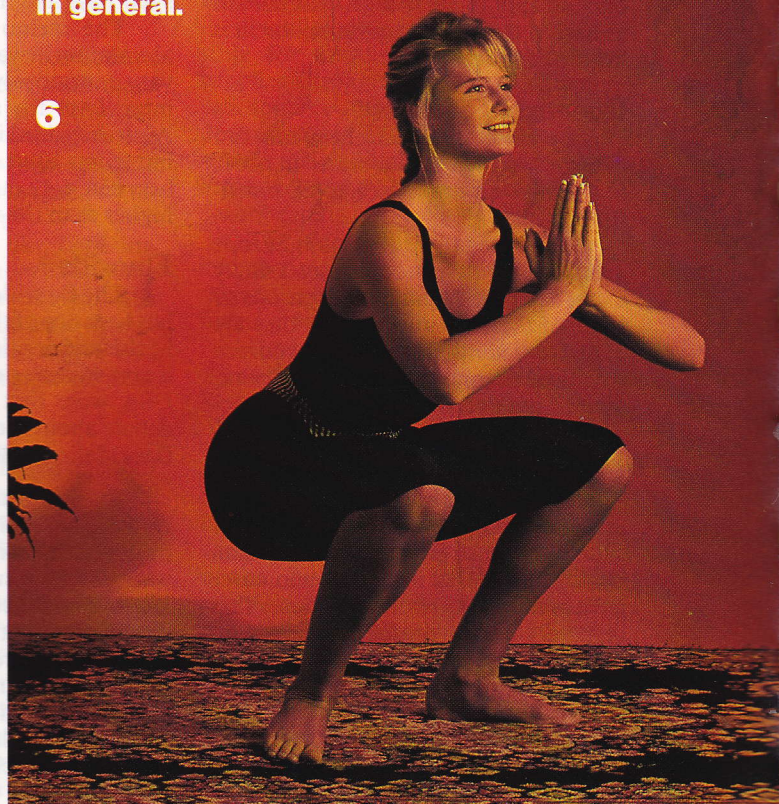
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### STRETCHING & LIMBERING UP 1-6

These exercises will limber up, stretch and strengthen your entire muscular structure. Excellent as a warm-up for in-depth dance and exercise routines in general.

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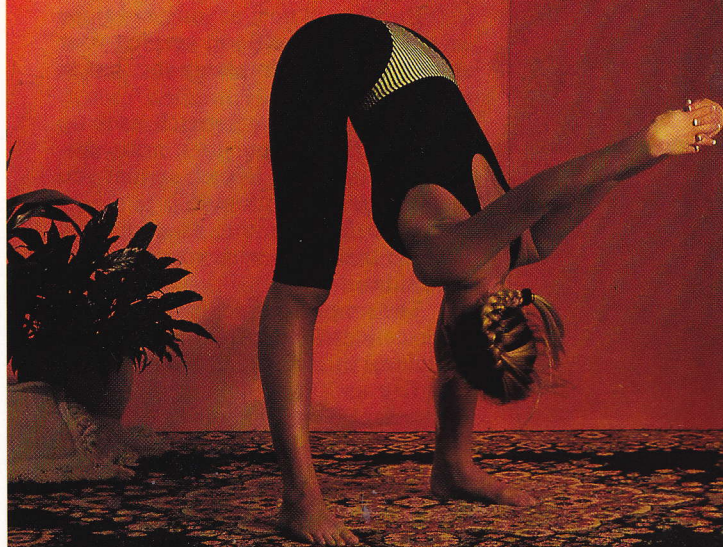




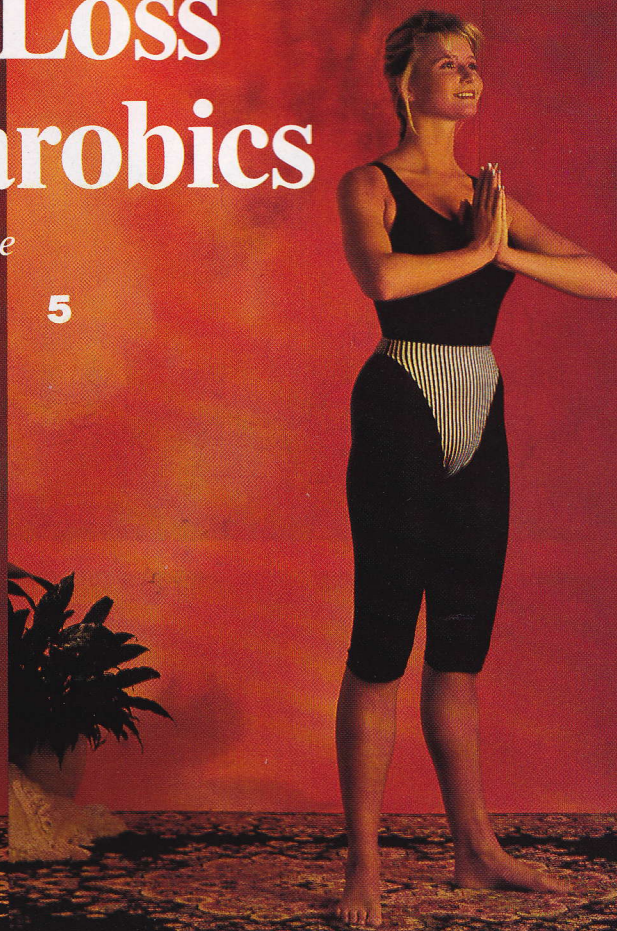
# Weight Loss with Yogarobics

by Tana Edye

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**T**here are many ways to lose weight. One of the most important factors is how much and how effectively you exercise. An increasingly sedentary lifestyle will tend to diminish a sleek and slender shape unless, that is, you are taking the necessary precautions.

Yoga, in its entirety, is depicted as an eightfold path that encompasses every aspect of the journey towards liberation of the self including Hatha Yoga, Karma Yoga, Bhakti Yoga and Raja Yoga, disciplines that assist in relating to ourselves and the world around us and how to develop the Higher Self.

The particular branch of yoga on which this article is based is Hatha Yoga, an age-old concept of exercising the body symmetrically, in unison with deep rhythmic breathing, passed down from one generation to the next, over thousands of years, seeded and created in the highlands of India. Hatha Yoga is an unsurpassed form of exercise for developing all aspects of our physical, emotional and spiritual vehicles.

Combined with the dynamics of Yogarobics (yoga movements linked in a continual form to music), you have a 'classic' workout for keeping slim, healthy and fit. After many years of practising yoga, I fell quite naturally into doing yoga in this way. As time transpired, I developed new postures using the basic principles to move from one posture to the other, as demonstrated here.

Firstly, let's take a look at how yoga works. You need to have a good basic understanding of the exercises and principles involved before you can grasp Yogarobics. However, with this basic knowledge, you will have total freedom to explore your ability to bend and stretch, to move to an infinite variety of music, be it INXS, Beethoven or Bach, depending on your mood and inclination at that moment in time.

Unfailingly, I remind people about correct breathing, because without it, every task is more difficult. Every single cell requires oxygen to work efficiently. Most of us, until we are taught otherwise, breathe so that we are using 10-20 per cent of our total capacity, a fraction of our overall potential.

Our primary and most important source of oxygen is from the fresh air, surrounded by trees, plant life and flowers. If you exercise in places where these abound, you will enjoy ample fresh air. If, on the other hand, you are deprived of adequate supplies of this essential life-giving nutrient, your system will become sluggish and devalued.

The way to increase your capacity to breathe more effectively is to use not just your lungs, but your stomach and diaphragm as well. Simply contract your tummy when you breathe out and let it relax when you breathe in. At first, you may have to consciously think about it.

With time, it will become a natural way for you to breathe.

Ideally, your breathing should be in unison with your movement. This is one of the fundamental principles of yoga. As you expand the body, breathe in. As you contract the body, breathe out. During a Yogarobics workout, every single movement links to become one long, continuous movement, bending and stretching every muscle in your body. Your breath is an integral part of the process.

This is a workout that doesn't require you to leave your home. Best of all, as you develop your ability to do Yogarobics, you can party with it, exercising while you dance the night away. Wear something comfortable, that will stretch as you move and enjoy!

All exercise routines are best started with stretching and limbering movements and that is where we will make our start. Choose some relaxing and slow rhythmic music - Bach or Beethoven makes an ideal accompaniment.

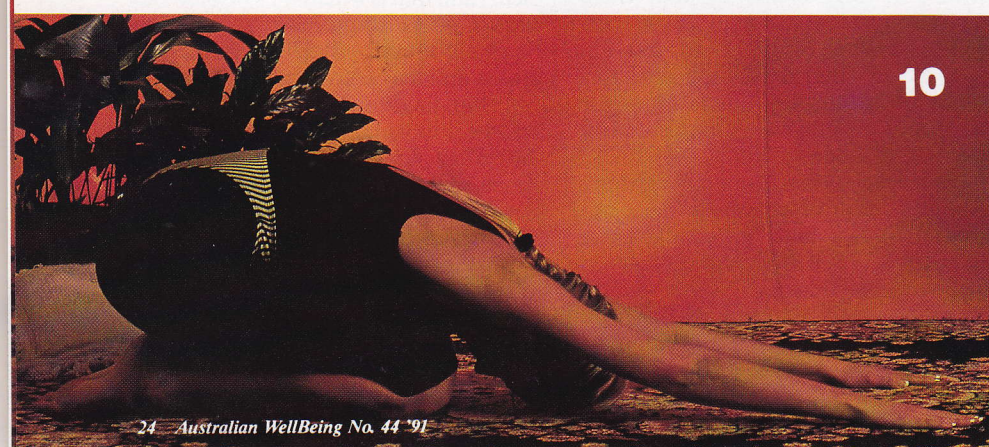
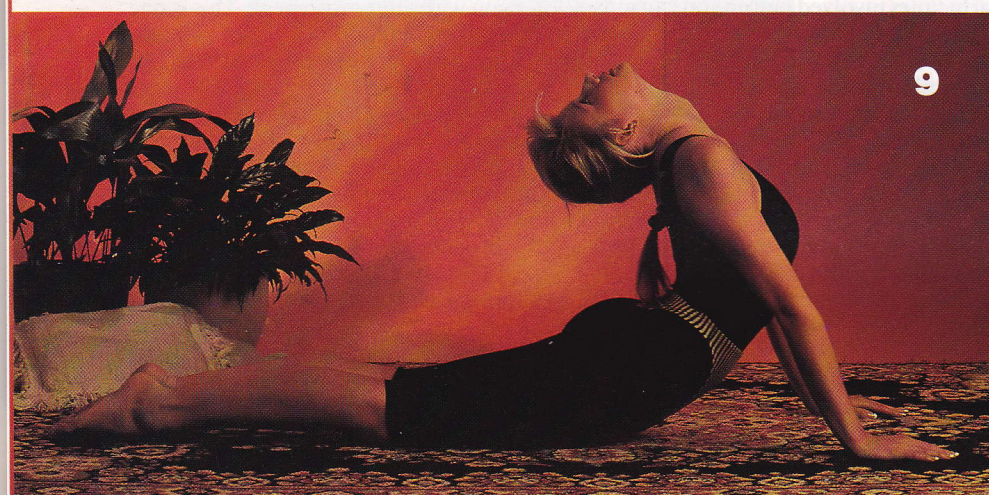
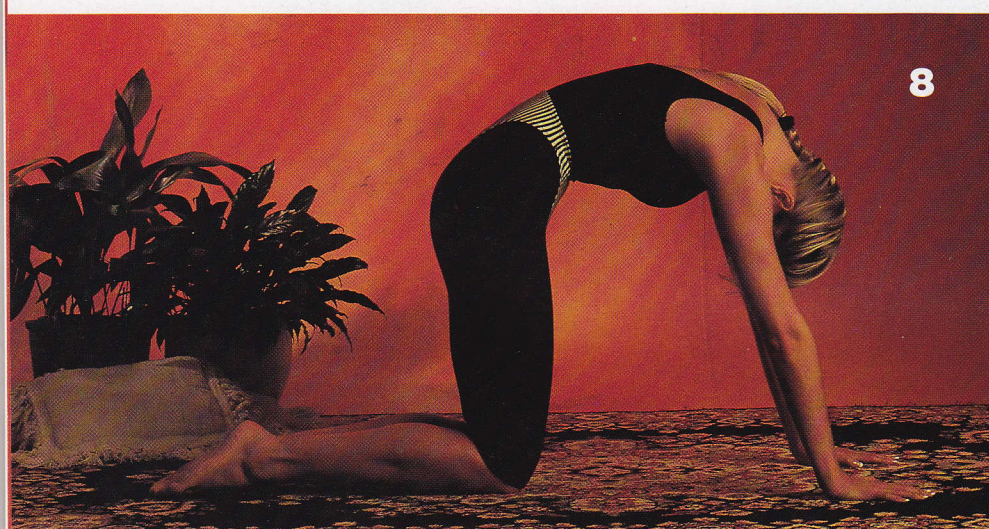
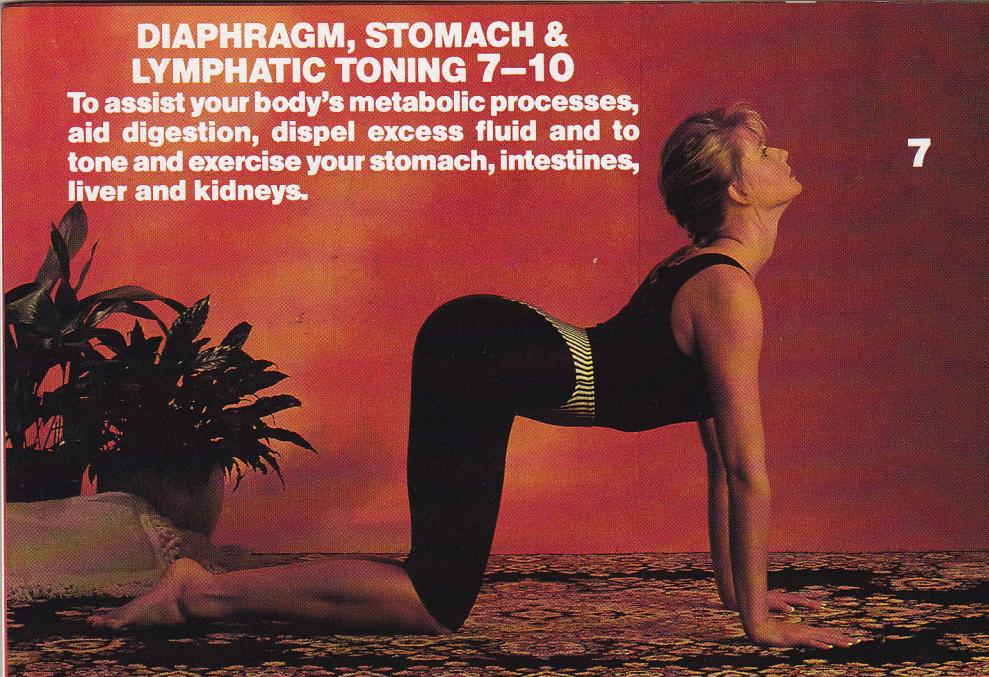
Standing on the tips of your toes, breathe in as you raise your arms towards the ceiling. Imagine you are pulling on a rope, making the movements with your arms graceful and deliberate. Feel the stretch to your entire body. You can either breathe in and out while you are doing this, or if your breathing patterns are already developed, you can hold the inward breath for a short while. What-

*Continued on next page*



## DIAPHRAGM, STOMACH & LYMPHATIC TONING 7-10

To assist your body's metabolic processes, aid digestion, dispel excess fluid and to tone and exercise your stomach, intestines, liver and kidneys.



## Yogarobics

Now, as you breathe out, take both arms downwards towards the back of your hips, taking a breath as you hold there for a second or two.

As you breathe out, link both arms and stretch them out behind your back, bending forward as you go, towards your knees, stretching your arms together towards the ceiling.

Continuing on, breathe in as you stretch back up to a standing position, with your hands in prayer position, under your chin.

Breathe out now, as you bend at the knees, towards the floor, keeping your spine erect and maintaining your hands in prayer position.

Breathe in as you stretch back up on to the tips of your toes, arms outstretched upwards. Stretch so that you feel the stretch. Work at it.

Then breathe out as you relax back to the floor, with your arms by your sides.

The simple routine just outlined is an excellent way of limbering and stretching your body. You could easily take five to 10 minutes working on it alone, repeating the movements and exploring different ways to link them. There are at least five variations of yoga postures involved and the same movements work beautifully with rock music, but first, make sure that you have limbered slowly and well and that you were not feeling strained in any muscle.

A note of caution. If you experience dizziness or hyperventilation at any stage, it is because you are not yet used to deep breathing. Move your body down to the ground and rest on your hands and knees until your head clears. Make a mental note of how you were breathing when you became dizzy and breathe more shallowly the next time, until your capacity to take in larger quantities of oxygen is established.

Now we are going to do some work specifically on the abdominals for firming and trimming the tummy muscles. We are also going to focus on the glandular system, in particular the thyroid and parathyroid glands which assist the system to detoxify and to regulate body weight.

With your hands and knees on the floor, you are starting at 'cat posture'. Breathing in as you move your neck forward and upwards, hold for a few seconds.

Now, as you breathe out, take your head towards your chest, raising your spine into a curve. Pull the tummy in tight, until there is no air left, then contract the abdominal muscles until you can feel them moving towards your diaphragm. Now relax as you breathe in, moving forward as you did previously.

Here again, you are going to link several asanas (postures) into one smooth sequence. Make a fist with both hands and bring your head down to rest on them as you breathe out.



Breathing in, raise your right leg as high as you can. Return it back to the floor as you breathe out.

Repeat with your left leg, raising it upwards as you breathe in, breathe out now as you lower it back to the floor.

Now move back into the first stretch, taking a breath as you stretch your head and neck forward.

Breathe out as you curve back in, towards your tummy, arching the spine and squeezing all the air out with your tummy muscles. Contract the tummy tight.

Breathe in now, as you push your hands along the floor to realise the 'cobra' position. Hold the breath as you arch back, keeping your hips and legs on the floor.

Now you are going to move into 'pose of the child' as you breathe out, coming back to your hands and knees position of 'cat posture' and continue moving down, with your head moving towards and touching the floor. The arms are outstretched. Relax.

The finish involves a few simple inverted postures, which are appropriate for any fitness level. There are more difficult postures in this group which you can move on to, as your ability and suppleness increase. However, for the sake of safety, I won't include them here. Suffice to say, it is important to move the body at its own pace and to only move on to more difficult exercises as your certainty of your own wellbeing is established.

The benefits of the next exercises are numerous and most effective, especially for helping to reduce weight or to increase your weight if you happen to be underweight, the reason being that the glandular system gets a wonderful boost from the increased circulation to the upper anatomy. Your heart is rested. Peace and calm prevail, depression and negative thoughts will disappear. Also, it's the way to go when you are tired after a busy day.

Totally relax, lying on your back with your arms by your sides, palms facing upwards. Focus on your breathing, making sure it is deep and regular.

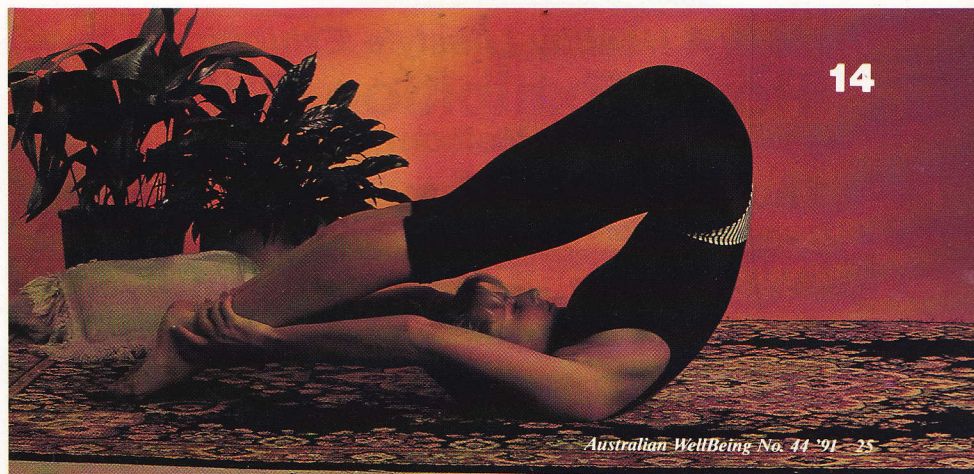
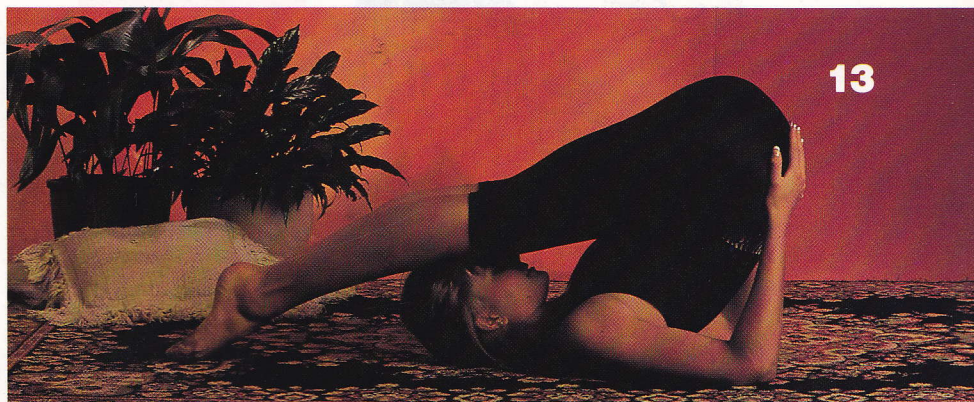
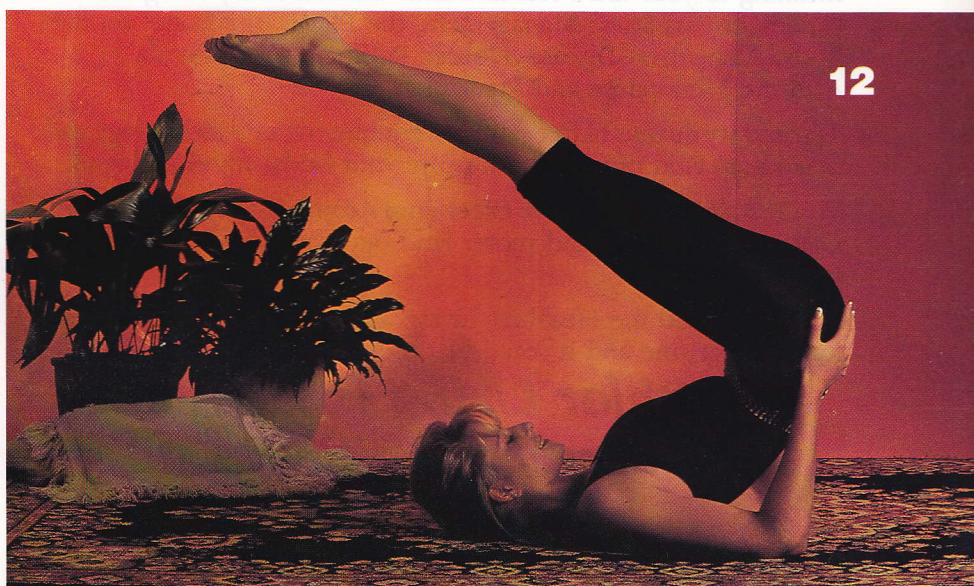
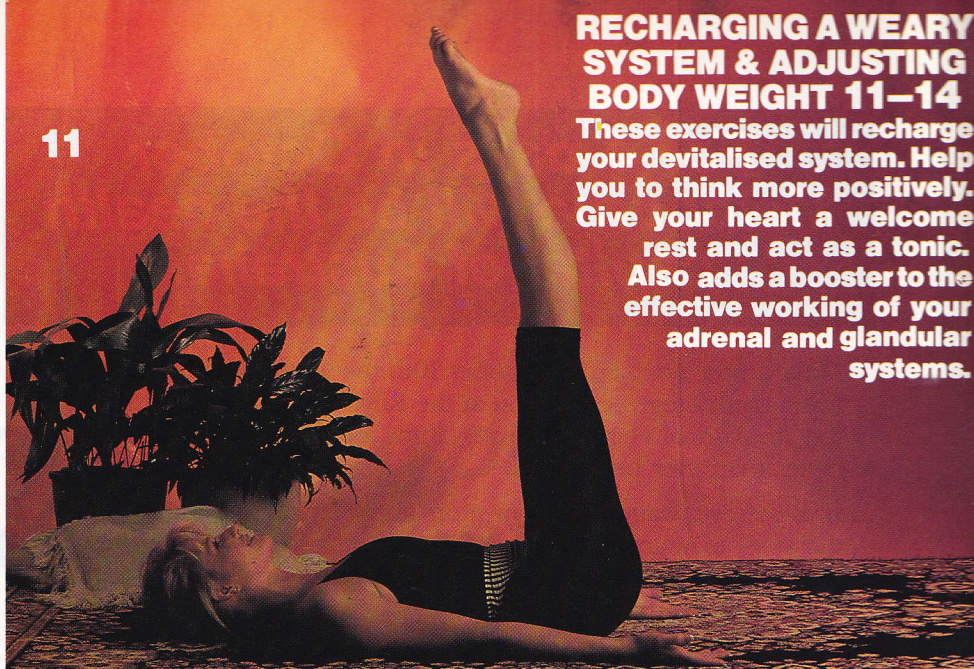
As you breathe out, raise your legs at right angles to your body. Now breathe in as you stretch them back to the floor. Tighten your buttock muscles as you hold your breath for a few seconds, now breathe out as you raise them back to the original position. You can repeat this movement as often as you can comfortably do so. It helps to shape and firm the buttocks, tighten the tummy muscles and tone your legs. For this unit, make sure you move slowly, *not fast*.

When you are ready to continue, go from the right-angle position to raising your hips off the floor, using your hands for support. You are now in the inverted posture, a lovely posture to spend some time in. This is the one that will give you enormous benefits, such as those out-

*Continued on next page*

## RECHARGING A WEARY SYSTEM & ADJUSTING BODY WEIGHT 11-14

These exercises will recharge your devitalised system. Help you to think more positively. Give your heart a welcome rest and act as a tonic. Also adds a booster to the effective working of your adrenal and glandular systems.





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## **Yogarobics**

ever the case, make sure that when you lower your arms and feet to the floor, you breathe out.

Stretching again on to the tips of your toes, take both arms above your head as you breathe in, to join in prayer position in a super stretch to the ceiling.

If you do *not* feel strained in this posture, you can move on to the 'plough'. Take your legs down towards the floor behind you as you breathe out. Breathing in, clasp your ankles with your hands, rocking backwards and forwards as you breathe in and out. This applies to either option.

Now stretch your arms and legs as you lay down on the floor. Breathing in, make your body as long as you can, stretch every single muscle from head to toe and relax as you breathe out.

Completely relax, with your eyes closed, and do some deep rhythmical breathing. Visualise golden light pouring through every single cell with each 'in' breath, sending out the heavy, negative energy with each 'out' breath.

Finally, bring your hands into prayer position as you breathe in, holding for a few seconds, then let go. Relax your arms by your sides, palms upward. Take your attention to what it is you need to do next and how it might best be accomplished.

As you become more familiar with yoga, you will develop a very good understanding of your body's strengths and weaknesses. You will be able to virtually redefine your body shape, particularly with Yogarobics, when you are working at energy levels that will induce sweating, an important aspect of being able to achieve weight loss and peak fitness, by increasing your metabolic rate.

We all have the choice to be fit and healthy. Quality of life is directly related to the quality of time and attention that you give to the vehicle which carries and transports your inner self. It deserves the best, so go for it!

*Tana Edye holds a Yoga Teacher's Diploma with the Australian Institute of Yoga Association and is a registered Fitness Leader with the NSW Department of Sport and Recreation. For inquiries phone (02) 958 4805.*

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