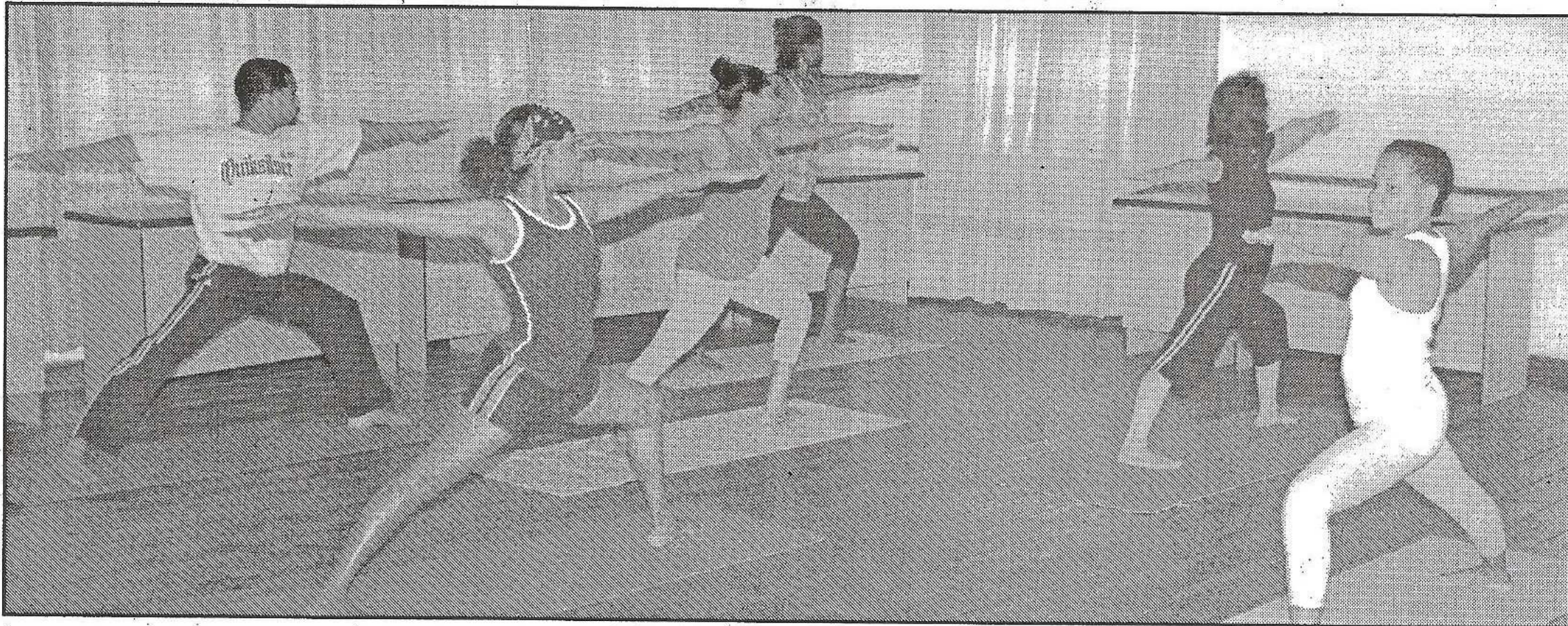


a coordinated approach



A yoga session yesterday at the Exiles Club

It has been proven through researches that yoga gives us relief from countless ailments at the physical level and sharpens the intellect and aid concentration as it steadies the emotions and encourages a caring for others from a psychological view point.

The fact that human beings are made up of three components – body, mind and soul – there are three corresponding needs to these components – health, knowledge and inner peace. Researchers have found that health is physical need, knowledge is our psychological needs and inner peace is spiritual need. And when all three are present then there is

tice of this art.

The first chairperson of the YAS executive committee is Adriana Auguste and she has said the aim of the association is to help people become more aware of what yoga entails as well as its health, physical and psychological benefits.

“Yoga is good for one’s health, therefore it is important that people who practice this art understands its benefits. We will also work on getting more people to take up yoga,” said Mrs Auguste.

To become a member of the YAS, people who practice yoga and those who would like

sessions at the Glacis community centre in the near future and also have classes from 6pm to 7pm for people who finish work late.

“We also plan to organise sessions for people of different ages as there is a demand,” added Mrs Auguste.

The other members of the YAS are Josette Ragain (vice-chairperson), Lorna Low-Hong (secretary), Steve Thélermont (treasurer), Taciana Labrosse and Jeanine Marie (members).

Those who wish to get more information on yoga in Seychelles can contact either Mrs Auguste on 251 6811 or Mrs...

help to keep our body fit, control cholesterol level, reduce weight, normalise blood pressure and improve cardiovascular performance.

The mental techniques include breathing exercises (pranayama) and meditation or (dhyana) to discipline the mind. Studies have also shown that yoga can be a powerful enhancement for sportsmen and women in regular training exercises. Adding yoga in a routine training programme helps develop strength, flexibility, range of motion, concentration, and cardiovascular health and