

Planet yoga

Stories from around the weird and wonderful world of yoga

Bieber goes quiet

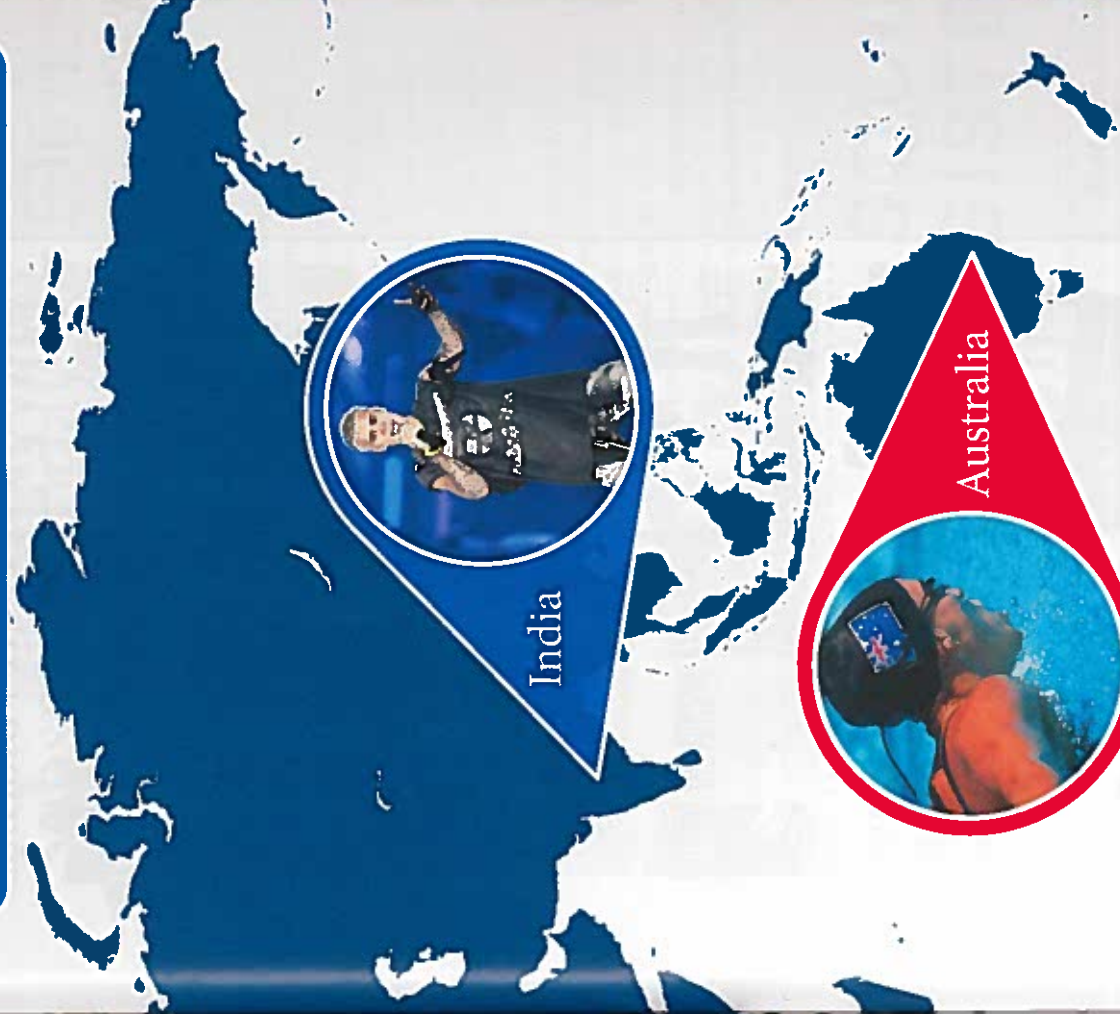
Justin Bieber is to travel to India on a quest for inner peace on a silent yoga retreat. The American star is known to be a yoga fan: his tour wish list was recently leaked to the press and included various yoga items for his dressing room. But the singer posted on Instagram in August that he felt "insecurity, fear and bitterness" were getting the better of him and that taking time off would help him and his career. "Justin wants some peace and quiet," a source close to the singer told the entertainment press. It makes sense: for most of us, a silent retreat means no chat or cell phones, but for others it means escaping thousands of idolising fans and the madness of superstardom. Good on you, Justin, and the best of luck from all of us here.



OM & BASS YOGA FESTIVAL BRAZIER PARK, IPSDEN, OXFORD OX10 1AN JULY 6, 7 & 8 2018

Om & Bass: 'The Chakra Shakedown', was born out of a love for yoga and a passion for dance, self discovery and personal liberation. The class format has been mindfully developed over time to take the practitioner on a unique journey through the chakras which is challenging, confidence building and most importantly, fun. Om & Bass draws upon the discipline and expertise of traditional yoga, yet seamlessly merges it with modern music, invoking the essence of the chakras, starting from the ambient, moving through various genres building up to a soulful "Drum & Bass" climax, which inspired the name "Om & Bass". The yoga practice itself has options to suit the beginner, and aspects of the set sequence will challenge those with years of practice. It is a challenging, uplifting, fun and euphoric experiential journey - not to be missed.

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Canada



USA



Zimbabwe

Africa calling

Yoga's reach is spreading far and wide. The latest reports show a rise in popularity in Zimbabwe, where there are now a dozen studios (plus other fitness and Pilates centres also offering yoga) in the capital Harare. Then there are the luxury yoga safari holidays which offer wealthy tourists the chance to soak up the sights - including the spectacular Victoria Falls - while enjoying yoga on their travels. Politically, the country has taken a lot of flak (especially its leadership, aka President Robert Mugabe), but landlocked Zimbabwe - described by Lonely Planet as one of the safest, friendliest places in Africa - may just be the new yoga place to be.

Calm in the city

Lululemon has launched a dedicated meditation space in its flagship Fifth Avenue store in New York City. The first Mindfulness space opened in July and allows visitors to follow various self-guided meditations. "First, we offered yoga classes, pushing aside racks of product to roll out mats." Celeste Burgoyne, the company's executive vice president for retail in the Americas, told The New York Post. "Now, we're giving our guests the chance to experience yoga in a different way - off the mat, through meditation." It is an oasis of calm: outside, one of the city's busiest, noisiest streets; inside, inner peace and enlightenment.

The monastic life

A Catholic monastery in Canada has been hosting a series of yoga programmes. Le Monastère des Augustines in Quebec City, whose practices are rooted in the Augustinian Sisters' mission, has been hosting various yoga sessions in recent months; it underscores the ability of yoga to transcend religious boundaries. The monastery bears witness to the lifestyle and social mission of the Order of the Augustinian Sisters of the Mercy of Jesus of Quebec whose history dates back to 1539. Described as 'a haven of peace', the monastery includes a vast garden dating back to the 17th Century where yoga sessions offering inner peace and calm are offered.



Australia

Swimming free

Yoga and mindfulness are the two secret weapons used by Swimming Australia to hone its athletes on to Olympic glory, it has emerged. The athletic body recently announced a partnership with leisure giants lululemon to provide yoga and mindfulness workshops and training sessions, as part of its programme. Yoga and mindfulness were used by its swimming team in last year's Rio Olympics, according to Tamsin Cook who, at just 17, was the youngest member of the Aussie swimming team in Brazil. "Physically and mentally it gets me in the moment and lets my body know it's about to get in the pool," she told local press recently.