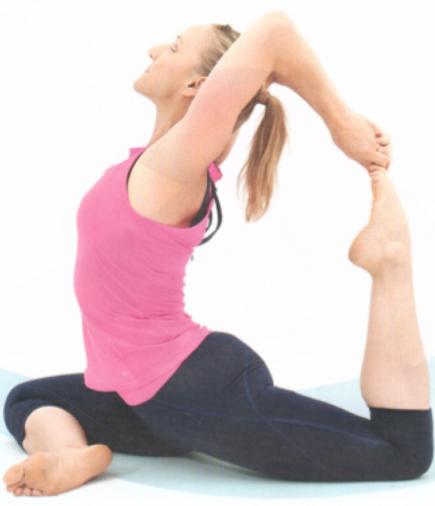


everything Zen

Zen Ki yoga founder Janie Larmour shares her story





SUPPLEMENTING MY ACTING CAREER

as a personal fitness trainer was my first step to becoming a yoga teacher. I became a very successful fitness trainer, with nineto clients per day, a list of celebrity clients and some great success stories with weight loss, muscle gain and injury rehabilitation. But I always felt there was a missing link to what I was achieving. I also wanted to move back to New York City and needed another skill in my arsenal to give me an edge for my clients over there.

One day, a yoga teacher came to my friend's apartment and I did my first yoga class. That's when I decided yoga might be the answer I was looking for.

I found a teacher training in a Japanese form of yoga called Ki yoga. I had no idea what it was, but the training times and location suited my schedule so I signed up.
As a trainer, I was running too much with
clients and every three months or so my
lower back would spasm so badly due to an
old injury from when I was a springboard
diver. The pain would be so debilitating that
I couldn't walk, sit, lie down – nothing
would give it relief until continuous
massage and acupuncture calmed it down.

Since learning this yoga, I haven't had back pain again and I've completely changed the shape of my body. I also suddenly had all of the answers to helping clients with so many more injuries and the toning of specific body parts, and I was able to use food to heal and shape.

I found my teacher's teacher and continued learning from him in the similar Ryoho yoga style. I then applied my own fitness knowledge and studied shiatsu and macrobiotics with various teachers and Zen Ki yoga was born. Zen Ki yoga is now all I teach. The fitness training, New York and anything and everything else fell away.

What is Zen Ki yoga?

With Zen Ki, we are accessing meridians, like an acupuncturist would, but with movement instead of needles. My obsession with anatomy led me to make every pose very specific, as I don't believe you access the meridians properly unless you have correct alignment. In Zen Ki yoga, we use repetitive movements, which can sometimes tempt people to lose their alignment, so classes are very detailed and full of instruction about the body, diet and benefits, which increases results.

Zen Ki yoga, like many other Japanese styles of yoga, works with the principles of Yin and Yang, the macrobiotic diet, the five-element theory and the seasons. The yoga changes every season to suit the



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look better and feel better. Best of all, people experience a better overall sense of wellbeing, which improves lives and therefore improves the world!

One of the greatest things with Zen Ki is that you can target specific areas of your body for weight loss and toning. I learned from the fitness industry you can't do this, but when working so specifically with meridians and diet, you really can.

Of course, Zen Ki yoga also addresses the mind and spirit. Our main focus is to bring the energy and strength deep into the belly, below the navel. It's very focused on the core. Unfortunately most of us, due to computers, smart phones, Facebook, diet, etc, have most of our energy in our upper body. When our energy is in our upper bodies, we suffer headaches, dizziness, panic attacks, anxiety, neck and shoulder pain and heart problems. We over-think and even become a little bit crazy.

But when the energy is in our lower bodies, we are centred, calm and in touch with our inner power and spirituality. We have a strong sense of our needs and who we are, we have a balanced sex drive and our spine and sides of the body are able to relax. Which would you prefer?

To find out more about Zen Ki yoga, head to zenkiyoga.com.