



HEAL YOURSELF

What I love most about Ki Yoga is not just the way I feel after a session, or being talked through the hour on what the particular moves are doing to my weird unseen inner organs, but that it's not a fashion statement (ie "I go to yoga"). If you're the kind of kid who likes to be entertained, and you're not into accessorising with a yoga mat or following a celeb endorsement, then Ki Yoga might be the way for you too.

Ki Yoga is a dynamic form of yoga combining the healing arts of China and Japan and groovy moves from Indian Hatha Yoga. Ki Yoga was developed by Australian teacher, Jack Marshall, from the teachings of Master Masahiro Oki (Oki-Do yoga). The technique targets specific areas of the body through a precise diagnostic and therapeutic style. "Ki" means energy in oriental medicine and is often translated as life-force, working on our meridians. Meridians are well-defined but invisible passageways in which our energy flows throughout the body. The Ki-Y is an exhilarating way to clear blockages in our meridians through breathing, postures and stretches.

"Ki Yoga works on your meridian system like when you have a shiatsu or acupuncture and therefore it is more specific than yoga" says Ki Yoga instructor Janie Larmour of En Yoga Studio at White City in Sydney. "We can target a point and pinpoint diet as well as emotional issues. For instance, your Kidney Meridian is for the winter season and it rules the spine, so we would work on clearing that meridian if someone had a back problem. It's also associated with the emotion of fear or motivational confidence. We can even target the feeling of being "needy" or "always missing out"

"The Large Intestine Meridian is about letting go and having good judgment or not being judgmental. Physically this meridian is about fat on the bottom and the backs of thighs and we suggest to avoid dairy products and baked flours. The Spleen Meridian relates to the menstrual cycle. We can relieve period pain by removing sugar from our diet. Too much sugar in the diet gives tightness in hips and weakness in knees. Everyone has fat on their bodies to suit a certain meridian and Ki Yoga can help spot reduce," Janie advises.

The key to success in Ki Yoga is doing your specific Ki-Y moves everyday, as well as eating supportive foods like brown rice, chewing food really well and drinking plenty of water during the day. "If you chew your food thoroughly - like 70-150 times - it will actually stop sugar cravings and your body feels satisfied." The effects of Ki Yoga are immediate. This dynamic form of healing and exercise is gentle and, like a breath of fresh air, leaves you feeling clearer after an intensive 'meridian workout'.