



# yourself with yoga

## S ABOUT THE ANCIENT PRACTICE AND THEIR TOP TIPS

**JAINA MISTRY-PATEL**

**What style of yoga do you teach?**  
I teach Hatha yoga.

**How did you get into teaching yoga?**

When I was a 14, doctors told me I had scoliosis, which is curvature of the spine. The doctors were adamant to intervene with surgery, however with the help of my parents we decided to reject that option and instead explore natural, holistic alternatives.

We visited physiotherapists to osteopaths, as well as other natural ways to manipulate the spine. In the end, I found an old yoga book in the back of my mum's cupboard, which I started to follow. Practicing yoga by myself with the guidance of the book gave me a feeling of independence in taking care of my spine and my health overall.

**What happened next?**

I decided to explore a variety of classes, and this yearning to learn more led me to signing up to a teacher-training course. I had no desire to teach, but knew I wanted to learn more about yoga. However during the course I learnt so much that I realised I couldn't keep this all to myself. I must share it with others.

So I began to teach classes, workshops, retreats and other events. Through the journey, I went from working full-time as an interior de-

signer to part-time until I eventually quit my job to set up my business Yoga With Jaina.

**What do you love about teaching it?**

Hatha yoga has helped me in so many areas of my life, physically, mentally and emotionally. I love teaching Hatha yoga because I am able to share the feeling of release and freedom I experience from my own practice with others.

Sharing the experience with others and observing their inner-growth and development brings me great joy as well as a sense of connection. This sense of connection has taught me that as we go through life our outer journeys may be vastly different, but our inner-emotions and feelings are very similar.

Therefore, my exploration of the inner-self has allowed me to connect and serve others in a deep and meaningful way.

**What is the most rewarding memory to date with your students?**

It is difficult to say what has been the most rewarding memory, as over the eight years of teaching yoga I have been blessed to have so many different and wonderful experiences with so many students.

From teaching empowering women's retreats in the heart of the English countryside to an idyllic Italian retreat. As well as performing yoga on stage with my students



at Wembley Stadium in front of the British and Indian prime ministers.

Every memory comes together to help me learn and grow as a teacher, and as a citizen of society with a desire to share and inspire myself

and others to both greater health and happiness.

■ Visit [www.yogawithjaina.com](http://www.yogawithjaina.com) and Instagram, Facebook & Twitter: @yogawithjaina

**DEEPA SAPRA**

**What style of yoga do you teach?**

I enjoy teaching different styles of yoga such as hatha yoga, restorative yoga, vinyasa flow and chair yoga.

Teaching various styles keeps me on my toes. I enjoy creating new sequences and flows. It is my duty as a yoga therapist/instructor to give my clients/students the best of my knowledge through my teachings.

**How did you get into teaching yoga?**

I took my very first yoga class in 2001 (for no rhyme or reason) at a very small Ashram in Queens, New York. The teachers were traditional-looking yogis in orange attire with long hair and a beard.

They were very heavy on pranayama practice and keen on teaching the philosophy of yoga. I was absolutely fascinated by the whole practice, but the therapeutic quality of yoga swept me off my feet.

**What happened next?**

I knew from day one that if I pursue yoga I want to preach the therapeutic side of it and I would become a yoga therapist. I received my 200 RYT from Om Sweet Om in Port Washington, NY in 2011.

Marriage brought me over to London in 2011 and I received my yoga therapy diploma from Yoga Campus in 2015.

**What do you love about teaching it?**

I was and am always amazed by the transformational ability of yoga on the mind, body and soul. My classes combine my love for the benefits

of yoga on the physical body with the ability to take powerful lessons off the mat and into the real world.

I love to combine breath and movement to help students flow and release tension and stress that builds up in our body due to the everyday life demands. Pairing breath and movement helps increase body awareness and encourages the busy mind to calm down.

The practice of yoga allows each different person to feel their body and breath; feel the strength and stability we forget our bodies are capable of. Self-love, a little light and/or a dash of happiness is what I hope my students experience after my class.

Remember, it's not what brought you to the mat originally, it's that you keep coming back.

**What is the most rewarding memory to date with your students?**

For my yoga therapy training, the school required three recommendations. One of the three came from Thomas M, who was my very first one-to-one yoga client in New York. He suffered a severe injury at work and ended with hardware in his spine, which needless to say compromised him in many ways.

His letter to Yoga Campus said the following: "...dedicated and professional attitude toward her clients. She is steady and dependable and I offer her the highest degree of praise as a yoga instructor.

"If I had not met her when I did, I would not have made the gains I have in strength, mobility and quality of life. Her yoga instruction and



spirituality gave me hope when I was full of despair from constant pain and disability.

"Her dedication to holistic healing and yoga instruction when combined with her extraordinary work ethic and empathy for others

in need of her care will serve you well and I am very confident you will agree with my assessment in the future."

■ Visit [www.Deepa4Yoga.com](http://www.Deepa4Yoga.com) and Instagram: [deepayoga](https://www.instagram.com/deepayoga) for more



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## Getting textual

IN MY last column, I wrote about the effects of text snubbing and the detrimental effects that has. It was about how guys will stop responding to messages or will ghost a woman for no particular reason.

The main aim of that column wasn't to vilify anyone, but to ask people to be more considerate when using WhatsApp or texts as a form of communication. You know to be polite and respectfully respond to messages someone else has sent you in a timely manner.

Not surprisingly, some guys felt they were under attack. (Maybe it is their guilty conscious, I don't know). So in the spirit of fairness, I gave a guy a chance to respond and here is what he had to say about men who text snub:

"Yes, you have to accept that in 2018 WhatsApp has pretty much become the main form of communication ahead of even speaking to one another, but this means more people than ever are doing it so the inbox is flooded with messages, chat groups, people forwarding jokes, advertising and so on.

"There are cases where an inbox becomes so flooded that it can be easy to miss a text from someone. Then there are other occasions when a guy will want to take time to send a nice response and they simply forget. It happens and it is proven men are more forgetful.

"Then the longer they leave it, the more difficult it becomes to message. There will be other occasions when a guy can find long text exchanges monotonous and would rather speak on the phone instead, or they may feel overwhelmed with the number of messages being received.

"It can also get annoying when women send multiple one-line messages causing your phone to repeatedly ring. Also in the early stages of getting to know someone, men can find it a put-off if a woman is too eager and messages too much, and feel it will hurt her feelings if they say.

"Last but not least, it is not just men who are guilty of ignoring messages or forgetting to text back, women do this as well. It's not right, but people have busy lives, which includes balancing texts, Whatsapp and all the various social media platforms flooded with notifications. I say instead of getting stressed out with a guy, a woman should just call him and if he doesn't respond he isn't worth wasting time over."

So I took on board what the male friend said, but call me old-fashioned, replying is the respectful thing to do. It is true when a man is not interested, he has less courage about admitting it and leaves the girl in limbo. That isn't right!

I have lived by the philosophy that you should treat others with the same respect you expect from them. I will leave you with this quote from Alessandra Torre: "The true measure of a man is how he treats you when others are not looking."