

Yoga · Fitness · Lifestyle

# SWEAT EQUITY

**When Yoga is  
NOT enough**  
STRENGTH & MOBILITY  
FOR LONGEVITY

*Trends with  
Benefits*  
Giving you  
healthy skin solutions

YOGA GIRL

# Rachel Brathen

SPEAKS FROM THE HEART

+

7

WAYS TO  
CONNECT TO  
YOUR  
INTUITION

THE POWER  
OF 'I AM'



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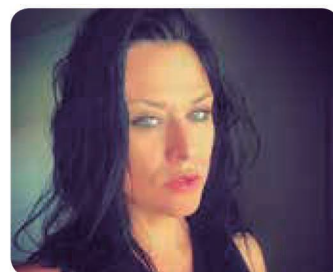
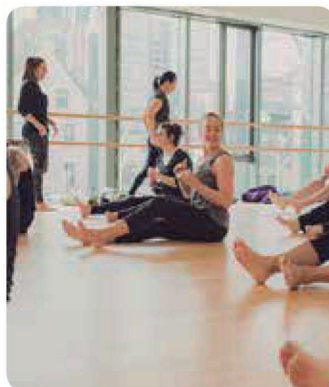


**LIANA LOUZON** is an artist with a gift of non-verbal communication. As a professional photographer, she strives to conjure emotions and recently she has shifted gears launching a mindful contemporary jewelry brand **ROCKING VIBE**. Her jewels are crafted to help you show up with confidence to the pivotal moments of your life. They fuel your soul and light your style.  
**rockingvibe.com**



**CHRISTINE FELSTEAD** pioneered the development of Yoga for Runners and today is the leading authority on the practice. She presents at international conferences and has appeared in numerous publications. She has produced best-selling DVDs, authored Yoga for Runners and offers YfR teacher training. Christine recently launched YfREducational Series, a 6-class progression, each including an anatomy overview and detailed instruction.  
**yogaforrunners.com**

**CECILY MILNE** is the Director of Yoga Detour, and has invested countless hours in creating a stand-alone program that connects science to intuition and learning to experience, shifting mindsets through movement. She works as a yoga "integrator", leading her signature Move Well classes at Downward Dog Yoga Centre, as well as guiding people one-on-one in their quest toward whole-body wellbeing. As a strength and mobility specialist, Cecily helps her students rediscover their potential for strong, balanced movement both on and off the mat. She is known for seamlessly integrating the knowledge gained from her strength and movement coaches into a yoga practice that is informed, accessible and above all feels good!  
**yogadetour.com**



**DR. JENNIFER ILLES** is an assistant professor at Keiser University's College of Chiropractic Medicine. She's also a travel educator who specializes in concussions, temporomandibular joint and facial face, and rehabilitative medicine.  
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**SHARI MILLER** is a former Holistic Skin Therapist, Trainer + Treatment Developer at Pure + simple Skin Spa in Toronto. She has had a passion for Health and Wellness for over 20 years, and along with a degree in Psychology, she is a Certified Transformation Health + Life Coach, a Reiki Practitioner, and is well-versed in Ayurveda and Holistic Nutrition. Her mission is to help women to feel beautiful, inside and out, through self-awareness, self-love and self-care.  
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# sweat equity

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# Work Out

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PHOTO: STEPHANIE BONAS (HOUSEOFBONAS.COM)



PHOTO: STEPHANIE BONAS (HOUSEOFBONAS.COM)



# WHEN YOGA IS NOT ENOUGH

BY CHRISTINE FELSTEAD

**About 20 years ago I stopped running and devoted myself to yoga. It was a decision that shocked many, including myself. However it felt like the right thing to do. Twenty years of solely running had taken a toll on my body which was revealed to me when I started yoga. Where I previously thought that running distance and marathons kept me 'fit', moving my body in the way that yoga demanded, made me question my fitness level.**



**I DEVOTED MYSELF TO YOGA, EXCLUSIVELY, AND FELT THE MANY POSITIVE CHANGES THAT I HAD HOPED FOR. IN MY NEW PARADIGM, I DEFINED FITNESS AS A BALANCE OF ENDURANCE, STRENGTH AND FLEXIBILITY.** Running had given me only one of those and yoga was building my strength and flexibility. My type 'a' nature led me to more vigorous types of yoga and for many of those years ashtanga was my regular practice. I listened and read the widespread opinions and criticisms of ashtanga and defended the practice with all my heart. Students often asked me about my thoughts on weight training and, while I never advised not to lift weights, I eagerly expressed my view that yoga was enough to build strength and flexibility, and even some endurance.

Clearly there is a 20 year pattern in my life! When I hung up my running shoes I jokingly told people that after 20 years of only running, I needed 20 years of yoga to balance things out. As I approached my 20th year of yoga practice, one thing happened: I developed a desire to start running. I resisted for some time but then decided to give it a go, encouraged by my dog who quickly became excited when she saw my running shoes.

At the same time I decided it was time to come to terms with my shoulders. One of the main reasons I started yoga in the first place was to improve my posture. And it did... for some time. My yoga practice had initially built strength but after years of repetitive movement, it was now creating an imbalance between my upper traps and the weak under-utilized mid-back muscles. Through assessment I discovered the imbalance extended to my anterior and posterior deltoids and all this was messing up my shoulders. Lack of balanced strength, lack of upper body mobility and my posture was suffering as a result.

This led me to seek a personal trainer where my lack of upper body strength in ranges other than those practiced in yoga became apparent. That was expected news but lack of strength in my legs, hips and glutes too? I had a lot of work ahead of me but lack of motivation has never been my problem.

I am lucky to live in a city rampant with cross-disciplinary pros. In no time I found talented instructors that provided exactly what I needed, proving yet again that 'when the student is ready the teacher will appear'. Having a goal for strength training is advised so I set one: one chin-up. I set this goal with my strength coach and was aptly advised that it was a long-term process. I'm ok with that and am loving the resistance and strength work. Moreover, turning 65 and officially becoming a senior this year

I am well aware of the importance of maintaining muscle mass. For years my mantra with students has been: "you can be too flexible but you can't be too strong" so I was taking my own advice.

I will always make time for my daily yoga practice but let go of poses that no longer serve my body. I have found new ways to challenge myself by incorporating functional mobility and strength into my yoga practice and also into my teachings. At my age I deserve more time for me which I've done by adding trips to the gym and going for runs with my dog. In the 18 months of this routine I feel stronger, far less tension in my shoulders, more balanced and my posture is improving yet again. These 20 year plans are working out for me. Try these two strength and conditioning exercises to supplement your yoga practice. **JE**



**"YOU CAN  
BE TOO  
FLEXIBLE  
BUT YOU  
CAN'T  
BE TOO  
STRONG"**



# YOGA DETOUR

BY CECILY MILNE



## 1. KETTLEBELL GOBLET SQUAT

**Stand with the feet roughly hip distance apart and slightly turned out.** Grip the kettlebell so that the weight is supported in the palms of your hands. Keep the elbows drawn in with shoulder blades depressed. **Begin to bend from the ankles, knees and hips so that the knees track over the toes as the hips come down.** Think of engaging the hamstrings as the knees bend, using them to pull the hips toward the heels actively. **Aim to keep the chest lifted and the spine neutral, holding the kettlebell close to your chest throughout the movement.** From the bottom of the squat, press through the heels and drive the floor away to lift straight up.

**\*TRY 3 SETS OF 10 REPS WITH 1 MINUTE REST IN BETWEEN SETS.**



## 2. ECCENTRIC CHIN-UP

**Stand on a bench or tall box in order to easily reach the bar and pull yourself up** to the top position where the chest is at the height of the bar and the chin is above it. **Drawing the elbows back and the shoulders down,** keep the grip tight as you begin to slowly straighten the elbows. **Take 10-30 seconds to lower yourself to a straight-arm position.** This movement can be done with the feet or toes resting on the bench for more support, or eventually with the legs hanging to increase the load. Isometric holds can also help to add more time under tension and increase strength—simply “freeze” at certain spots on your way down and hold that position **for 3-5 seconds before beginning to move again.** **Once a 30-second eccentric chin-up is possible, performing full chin-ups will be much more accessible.**