

YOUR DAY AT *yogafest*

Find out what's going on at the UAE's biggest yoga event

This month sees the annual free event YogaFest setting up its wonderland of Zen in Media City for two days of yoga, meditation and other soulful activities.

We caught up with YogaFest founder Elaine Kelly to find out what we can expect from this year's festival and she told us, "Last year we had more than 2,500 people at YogaFest and this year is set to be even bigger."

A great day out for all the family, the event offers two full days of non-stop yoga sessions with local and international yoga experts, plus a meditation tent, Pilates classes, kids' yoga classes, parent-and-child yoga, baby massage, a wide range of healing therapies and more. Additionally, there's a tent dedicated to vegetarianism with workshops on juicing, detoxing and raw food-ism.

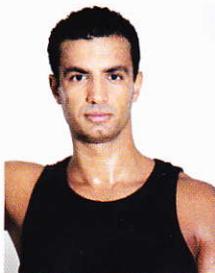
With so much great stuff going on, it's hard to know what to opt for. Here's the top three things on our YogaFest itinerary.



NADINE MCNEIL

BUILDING YOUR PRACTICE, FROM THE GROUND UP

UN-peacekeeper-turned-yoga-guru Nadine McNeil is offering two workshops at YogaFest. We can't wait for her second class, which will be set to a backdrop of Afro-Caribbean music. She says, "This class will be a powerful grounding practice focused on standing postures. The basic premise of this session is that the more rooted we are, the more we're able to emerge upwards. While open to all levels, this class is intended for those who have a consistent yoga practice."



WALID TEBARKI

YOGA DANCE

Walid Tebarki is a Pilates and yoga instructor at The Hundred pilates studio. He says, "Yoga dance is a new concept of class that offers the possibility of expressing yourself by doing yoga postures. We know that chakras are related to energies and emotions. It's all about movement... If you are depressive, shy, or addicted to anything, it is a method that brings your attention and perception to what your body is holding. The direction of my work here is to let the emotion create a movement. It is an experimental class; there are no rules or perfection. You express yourself and liberate your memories and your emotions by opening your chakras."



STEPHANIE SAYEGH

BE YOUR VALENTINE

Yoga instructor Stephanie Sayegh has created a special workshop to help people start loving themselves. She says, "If you don't love yourself first, how do you expect to be loved? Back bends, heart chakra and fun will be the recipe of this workshop... recommended for single people and 'it's complicated' ones."

YogaFest runs from February 14 to 15.

Log on to www.yogafest.me for details of all classes.