

Mind & Body

Reach out of your comfort zone

move
more

Yoga is great for mind and body, but like any fitness routine it's easy to get bored and stuck in a rut. Here we look at some alternative settings to keep it exciting

On a paddleboard

You'll need to have good balance to do yoga on a paddleboard.

But this new trend, SUP (or Standup Paddleboard) yoga combines the benefits of yoga with the calming quality of being on water. Put simply, the paddleboard acts as a floating yoga mat, maximising your core stability so you're more likely to do the postures properly and mindfully.

If you love being out in nature, you love the water and want to take your yoga

practice to the next level, then give this alternative a go. It will add a fun and challenging dimension and will help even the most seasoned practitioners improve on posture, building strength and balance. wakeupdocklands.com

At Waitrose

The retailer is holding weekly yoga classes at its Cheltenham, Basingstoke, Banbury and Newbury stores. The evening sessions run by qualified instructors are

being held in cafés, community rooms or studios.

waitrose.com/yoga

On the train

What do most people do when they sit on the train? They immerse themselves in their phone. It's something that many of us are guilty of – which is why Chiltern Railways has partnered with the University of Oxford Mindfulness Centre and launched the

UK's first train yoga, with the aim of promoting mindfulness and to combat our increasing reliance on digital devices. The train line encourages customers to put away their laptops and engage in mindfulness using the seated activities devised by yoga instructor, Ellie Di Martino.

Inspired? Then download the seated yoga pose guide via the Chiltern Railways website and give the 'Choo-Choo', 'Aisle Twist' and 'Train Track' poses a try. chilternrailways.co.uk

At the airport

Flying can cause stiff limbs and stress, so it can't hurt to give your body a good stretch before jumping on the plane.

We're not advocating practising yoga at the boarding gate, but taking advantage of the growing number of airports that now offer a dedicated space for yoga.

Yoga on the Fly, for example, opened its first private yoga-and-meditation studio at Denver International Airport last year, while a new yoga and fitness studio called FlyFit will open its first facility at Heathrow Airport this year.

You can also find free yoga services at San Francisco International Airport, Helsinki Airport and O'Hare in Chicago. yogaonthefly.com; flyfitglobal.com



BALANCING ACT Yoga on water brings added benefits

Just what the doctor ordered

An alarming health scare convinced Dr Rupy Aujla to change his diet and lifestyle. Patsy Westcott meets the NHS GP on a mission to get doctors out of the surgery and into the kitchen

Dr Rupy Aujla is used to being told: 'If only you were my GP.' But, he says, 'I don't want to be everyone's GP.' What he does want – with an almost missionary zeal – is for his fellow doctors to recognise that good health begins on our plates.

To deliver this key message he has launched Culinary Medicine UK (culinarymedicineuk.org), a not-for-profit organisation, which in July will offer an intensive four-week course, accredited by the Royal College of GPs, to Bristol medical students.

Fledgling medics will get an in-depth introduction to the science of healthy

eating before honing their cooking skills.

'The aim is to create a generation of doctors who really understand nutrition,' he says.

Aujla's own path to enlightenment began at the end of a long, exhausting shift when he had what he describes as 'a barn door of an attack of atrial fibrillation (AF)'. AF is an irregular and, in his case, rampantly galloping heart rhythm that sends the risk of blood clots and stroke soaring.

'The next thing I knew was I was in the Cardiac

eat
better



PRESCRIPTION Dr Rupy Aujla says diet should be seen as a part of healthcare



CLUB CLASS You can do yoga at the airport (left) and there are even classes in nightclubs (above)

At a night club

Yoga and nightclubs; two things that shouldn't go together, but do. Disco yoga classes are all about releasing your inner groove and making yoga fun, uplifting and sociable. With DJs, backlights, disco balls, fluorescent gym kit and a post-yoga mocktail, you'll enjoy all the benefits of a conventional yoga class, but work out to retro disco tunes rather than pipes and nature sounds. Partying has never been so zen – and healthy. Who said yoga had to be serious?
discoyoga.uk

Yoga at the Waitrose Cookery School, London

A monthly Yoga Supper Club with Shona Vertue (right) starts on 22 May from 6.30pm to 9pm at Waitrose Cookery School, Finchley Road.



The yoga routine is designed to suit most levels of experience. Afterwards, cookery school chefs will serve up a two course supper (main and desserts) with drinks included. Cost: £50. waitrose.com/yoga



Time to say 'no'

If you struggle with self assertion, try these suggestions... by Danielle Simpson

We all face many demands on our time. Do you feel that you can't say no?

'We choose to please others rather than asserting our own needs,' says clinical psychologist Dr Philippa East, 'because we are afraid of rejection, of not being needed, of appearing selfish.' At work this can be a fear of not being seen as a team player – or seeming lazy. But in our desire to prove our dependability we let others control our lives.

So what can we do?

'Set boundaries,' says Dr East. 'This lets us take responsibility for our own wellbeing and tells others where they stand.'

Mark Swain, Henley Business School partnerships director, suggests the four Cs.

CALIBRATE: How long will (a task) take? How will it fit in with other commitments?

COUNTER: 'I won't be able to man a stall at the fair, but could make posters' or 'I will be able to help, but not until next month.'

COMMUNICATE: Be specific. 'I have three reports to write by the end of the week, what would you like me to prioritise?' or 'I'd love to help, but I've agreed to take a friend to the doctor's.'

COMMIT: Giving 100% to whatever you do is not always sustainable. Think in terms of running at 80-90% and you'll have a safety net, giving your mind and body time to rest.



How to say 'no'

PRACTISE On unwanted telesales calls.

TAKE YOUR TIME 'I'll think about it.' Use 'I don't' (empowering), instead of 'I can't' (restrictive).

KEEP IT SHORT AND SIMPLE Adding details suggests guilt.

DON'T BE SO NICE Try to avoid profuse apologies.

BE A BROKEN RECORD Say no politely. Repeat.

Photography: Alamy, Getty Images, News Syndication, Faith Mason

24 HOURS ON MY PLATE



Eddy Grant

The Reggae legend shares his relaxed approach to food and life

'I spent the day at my Bayleys Plantation home on the south east coast of Barbados. First thing, as usual, I had a half bowl of porridge made with stoneground oatmeal and almond milk with a banana and some raisins.

'After going to the gym I drank some coconut water and ate the rest of the porridge. I drink throughout the day - plain water, coconut water, or when it's in season, the juice of a fruit called jamaon, which grows locally.

'In the afternoon I picked at a banana and some grapes. In the evening I ate steamed rice, with callaloo (a green vegetable a bit like spinach), squash, yam and plantains, and a salad made by my wife, Anne. I love her cooking. She is ingenious with how she puts things together.

'I believe if your belly is too full your brain gets empty so I'm careful not to overburden my digestion. Even on tour I eat sparingly. I'm a simple guy and I lead a simple life that revolves around music.'

Catch Eddy's weekly Saturday 10pm radio show on the newly launched global radio station United DJs uniteddj.com

The verdict

Emma Williams, Waitrose nutritionist, says

'Porridge oats lower cholesterol and provided slow-releasing energy and fibre. Bananas contain potassium, important for muscle function, but eat more protein from beans, pulses, oily fish and eggs to aid recovery after exercise. Look for almond drinks fortified with extra nutrients such as calcium, vitamin D and B12. You stayed hydrated and exceeded 5 a day too.'



4/5

Care Unit. It was my first experience of being a patient and I found it both embarrassing and scary.'

The attacks, lasting four or five hours, recurred up to three times a week. His mother who, when Aujla was 12, cured an illness of her own by changing what she ate, suggested he look at his diet and lifestyle.

His first step was to rely more on homemade food and less on the hospital canteen, turning up at work with Tupperware tubs of veg dishes inspired by his Asian upbringing.

Next he addressed sleep, and began to meditate. 'I tried to be more intuitive

about rest. If I went to bed early my sleep was calmer and more replenishing.'

Convinced that diet was the key, Aujla began sharing recipes on YouTube and Instagram, now collected into a cookbook, *The Doctor's Kitchen*. He also launched thedoctorskitchen.com, featuring an online lifestyle programme.

'For many patients, diet and lifestyle are as safe and effective as conventional treatments. Our job as healthcare professionals is to provide that option.'

The Doctor's Kitchen by Dr Rupy Aujla (HarperCollins, £14.99) is out now