



# Which Chakra Are You Talking About?

Here I am 38 weeks pregnant and I find myself doing an activity which would be well suited to the Indus Valley in the year 2500 B.C. I am sure you will all have been touched in some way by the craze that has swept through the U.S.A and is now popular here in the U.K. If you are still blissfully unaware of what I am talking about maybe the words *bakasana* (the crow pose) or the *utrasana* (the camel pose) will give you a clue. And no I am not referring to the ancient Indian art of the Karma Sutra but the art of yoga.

Now you must be thinking how can someone in my condition manage this feat. Well, selected postures and breathing techniques have been adapted for each stage of pregnancy. Does it work I hear you say? Well, to my credit I have religiously attended my weekly class and I can honestly say that I feel a lot different to my first pregnancy.

I feel energised and more mentally focused. As a result I have found myself to be more positive through this pregnancy. My husband, who originally laughed at the idea of yoga, never mind yoga in pregnancy, is now an avid follower. However, I have yet to notice the affects on him.

So when you women out there find yourself in my condition, feeling as if your

body is out of your control, I would recommend yoga in pregnancy. Now all this gentle stretching and breathing exercises may be great during pregnancy, but what happens after the baby arrives? How do you maintain this vitality and new found core strength? Maybe next year I will get the opportunity to talk about Mother and Baby Yoga. Yes that's right, Mother And Baby Yoga. Not only do the mothers get to recharge, but the babies also get to practice yoga and receive a relaxing massage.

Anyway, I had better return to focusing on the manipura chakra (the emotional centre) instead of on this article.

“ I am balanced and peaceful”.

**Leena Joshi**