

## Denise the yoga buff

She used to be a child gymnast, but started doing yoga at age 13 and hasn't looked back since. To her, yoga is not just a physical activity – it provides mental and emotional stimulation too. She is known to whip out her yoga mat in between shoots to regain her inner calm.

### ■ HOW IT'S CHANGED HER...

Physically, it keeps me fit and toned. Emotionally, it fills me with love and inner peace. Years of doing other physically demanding sports like kickboxing made my gymnastics injuries worse, which made me return to yoga.

### ■ HOW SHE FITS IT INTO HER SCHEDULE...

I just do – no excuses. Only you are able to push yourself to make the time for yoga.

### ■ ON BECOMING A YOGA TEACHER...

It has always been a dream of mine to be able to teach what I've learnt and share the wisdom that has been passed down by amazing yoga teachers, who always inspire me in whatever I do. I'm not as flexible nor steady as those yoga masters, but hey, I'm a work in progress!

## Denise the star

She was talent scouted in a mall and became a model at age 13. She then shot to fame as the Ford Supermodel Singapore 2000 winner and has been an MTV VJ since 2002, while juggling numerous other TV and modelling projects. Her latest: *Can You Serve?* (Channel 5, Tuesdays, 9pm), a reality TV show on customer service.

### ■ THE SHOW...

It celebrates Singapore and is proof that we do have good customer service standards here. It allowed me to visit so many places I love, such as the Singapore Zoological Gardens.

### ■ OTHER PROJECTS...

Discovery Travel and Living's *Passage to Malaysia* takes up most of my time right now. It's a wonderful travel show to be working on because I'm such an adventure junkie. Aside from TV, I'll also be bringing Rationale, the No. 1 Australian skincare brand sold by dermatologists, to Asia. It will be available by the end of this year.

### ■ ON STAYING FRESH AND MOTIVATED...

I surround myself with inspirational people, who are also my close friends in the industry. They allow me to constantly learn more about myself. I also have a wonderful family who support me in all I do, and two cats that keep me sane. Finally, the fans help me go on when I feel down. You only live once, so why not make it a good one?





# hip hip hooray

Desk-bound workers will find these moves a relief for the hips.

**I**f you're sitting while reading this, stand up. Prolonged periods in a chair can strain the hips, and create tension in the hamstrings and calves. Give your hips some relief with these poses from Kryoga Jothi.

## 1 REVOLVED TRIANGLE POSE

» Stand with your back straight and feet together. Exhale and take a big step forward (about 1m) with your left leg. Turn your right foot out, so that it is perpendicular to your left foot. Align your left heel with your right heel. Bend your left knee 90 degrees. Spread out your arms at shoulder level [1A].

» Reverse the position of your feet – right foot in front and left foot behind. Exhale and turn your torso to the right. Press your left elbow against your right knee, and bring your palms together. Ensure that your right knee remains bent at 90 degrees and your left leg is stretched out straight behind you [1B]. Hold for 10 counts. Repeat for the other side.

### Benefits

- » Strengthens and aligns the hip joints.
- » Firms the buttocks and thighs, and stretches the hamstrings.
- » Strengthens and stretches the legs, knees and ankles.
- » Stretches the spine, chest, lungs and shoulders.
- » Improves balance.



1A



1B



2A



2B

## 2 SEATED HALF LOTUS FRONT BEND

» Sit with your legs straight in front of you with your back straight. Bend your right knee and place your right ankle on your left thigh. Bring your right hand around your back and hold your right foot. If you cannot reach your foot, use a towel or a cotton belt to hook your foot and bring it closer for your hand to grab. With your left hand, hold the big toe of your left foot between your index and middle fingers, and press down with your thumb [2A].

» Inhale and bend forward. Reach for your left foot with both hands [2B]. Take 5 to 8 deep breaths in this position. Repeat on the other side.

### Benefits

- » The compression energises your pelvic area by massaging the internal organs.
- » Stretches the hamstrings, and relieves pain and stiffness in the back.
- » Massages the nerve endings of the brain and neck that correspond to the reflexology points in the big toe.



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