

### Pulse Yoga

Saturday 9.15am, DMC

Tuesday 6.30pm, DMC

*"When you inhale, you are taking the strength from God. When you exhale, it represents the service you are giving to the world."*

– B.K.S. Iyengar

Pulse Yoga is the first class of its kind to be offered in Dubai and a totally new exercise paragon whereby micro movements and free weights are applied to basic yoga postures. These repetitive pulse movements serve to strengthen, sculpt and tone the body and the use of free weights with the postures defines muscles of the arms and shoulders. Key areas such as the abdominal, lower back and gluteus muscles are also targeted. The sequencing of the postures allows you to flow smoothly through the routine reaping benefits of yoga such as toning and increasing flexibility in the body. At the same time, the pulse micro-movements with weights ensure that the smaller muscles get a workout whilst the larger ones are being used to stabilise the body in a yoga posture.

You will expend more calories because you are generally working harder - whilst you're holding a hip-flexing Warrior I, you might also be doing a bicep curl with weights, or whilst in Downward Dog, you'll also be pulsing one of your legs. Beginners needn't be too scared; staying aware and listening to your body, everybody can "pulse" at their own pace.

An independent controlled scientific study on Pulse yoga conducted in 2009 using objective quantitative measures examining the relative effectiveness of Pulse yoga against Functional Resistance Training found Pulse yoga to be comparable on improving mood state, aerobic fitness and body composition. In addition, the study found that Pulse yoga had an independent and favourable effect on blood glucose levels.



### Suzanne bio



Suzanne's love for yoga was born with her first yoga class in 2003 that she took to balance out the physical demands of her marathon training. Amazed by yoga's ability not only to strengthen, balance and vitalise the body but also the mind, she deepened her awareness by studying yoga in India - the birthplace of yoga - and then qualified under the 300+ hours Vibrant Living Yoga teacher training at Radiantly Alive in Bali. She continues her journey with yoga today and is honoured to be able to share this experience with her students who are a constant source of inspiration.

In her dynamic classes you will be safely stretched, strengthened and energised in both your body and your mind through her incorporation of the rigorous movement of Vinyasa with the careful alignment methods of Hatha and Iyengar yoga - all to the uplifting sounds of music.