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Saturday May 22, 2010

Yoga students learn to achieve alignment

A WORKSHOP on the principles of alignment in the practice of yoga conducted by Troy McFadden and Simone Mackay was held at Padma Yoga Studio in Kuching recently.

McFadden, co-founder of the School of Sacred Arts, is a licensed health care professional, massage therapist and Yoga Alliance certified yoga instructor.

Mackay, a director of the School of Sacred Arts in New Zealand, is a certified yoga teacher with Yoga Arts in Australia.

Alignment is mindful awareness of how the human body is integrated and interconnected.

It helps a person achieve a natural flow of energy in his or her body.

At the workshop, the participants were told of the importance of being correctly aligned when practising yoga to maximise the effects of the *asanas* (postures) in a safe manner.

Padma Yoga Studio has been conducting workshops to help students improve in their practice of yoga to reap the full range of benefits.

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