



On a yogic journey

Fatima Al Mansoori is a renowned yoga trainer in the Kingdom



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FATIMA AL MANSOORI



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TDT/Manama
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Yoga is a way of life for Fatima Al Mansoori, an internationally accredited institutional yoga therapist, wellness and lifestyle coach.

She says it’s not a set of exercises, but a journey towards self-actualisation.

A specialised yoga practitioner and healer now, Fatima took refuge in yoga after being diagnosed with fibromyalgia - a physical disorder whose symptoms include chronic fatigue and

narcolepsy.

“I decided to adopt a yogic lifestyle in the year 2011 and believe it or not my condition was completely cured.”

Fatima said it was then she realised that yoga was her way, mission and purpose in life.

“I began learning more about yoga and started dedicating my life to it.”

Fatima also started engaging in volunteer work and humanitarian activities.

“I want to help people around through the yogic techniques I have mastered. By then I have also started receiving calls from many individuals and societies, seeking help.”

Fatima said she began discovering a new form of happiness by helping disabled individuals and sickle cell patients.

“The clinical yoga practice was very successful and I clubbed it with my humanitarian and volunteer works.”

Describing yoga as a healing tool for all physical and mental disorders, she said, “It’s not about learning a few asanas. The practice of yoga is a spiritual process, which leads to ultimate realisation.”

A well-known authority on yoga in the Kingdom, Fatima says she has miles to go as she intends to take the Indian tradition to greater levels.

“Yoga teaches strategies for self-care. The world communities should work hard for promoting yoga as a remedy for all malices. It can bring welfare to anyone - refugees, orphans, violence victims or disabled individuals.”

