On a yogic journey

Fatima Al Mansoori is a renowned yoga trainer in the Kingdom





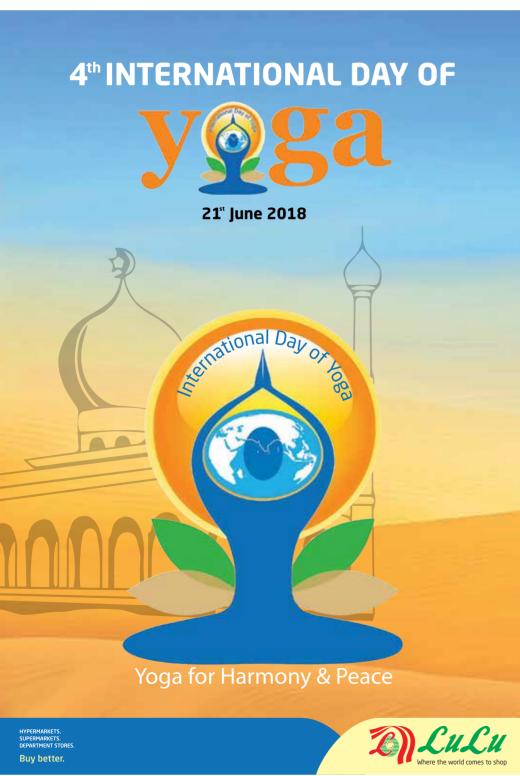




It's not about learning a few asanas. The practice of yoga is a spiritual process, which leads to ultimate realisation.

FATIMA AL MANSOORI





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

TDT|Manama **Harpreet Kaur**

oga is a way of life icating my life to it." for Fatima Al Manally accredited institutional humanitarian activities. yoga therapist, wellness and lifestyle coach.

exercises, but a journey to- By then I have also started "Yoga teaches strategies

titioner and healer now, seeking help." include chronic fatigue and cell patients.

narcolepsy.

condition was completely works." cured."

pose in life.

about yoga and started ded- which leads to ultimate re-

Fatima also started engag-

around through the yogic Indian tradition to greater She says it's not a set of techniques I have mastered. levels.

Fatima took refuge in yoga Fatima said she began as a remedy for all malices. after being diagnosed with discovering a new form of It can bring welfare to anfibromyalgia - a physical happiness by helping disa- yone - refugees, orphans, disorder whose symptoms bled individuals and sickle violence victims or disabled

"The clinical yoga prac-"I decided to adopt a yo- tice was very successful gic lifestyle in the year 2011 and I clubbed it with my and believe it or not my humanitarian and volunteer

Describing yoga as a heal-Fatima said it was then ing tool for all physical and she realised that yoga was mental disorders, she said, her way, mission and pur- "It's not about learning a few asanas. The practice of "I began learning more yoga is a spiritual process, alisation."

A well-known authority soori, an internation- ing in volunteer work and on yoga in the Kingdom, Fatima says she has miles to "I want to help people go as she intends to take the

wards self-actualisation. receiving calls from many for self-care. The world A specialised yoga prac- individuals and societies, communities should work hard for promoting yoga individuals."



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