



# Yoga's poster girl in Arab world

*Nouf Marwaai was honoured with Padma Shri for her contributions towards popularising yoga*

TDT|Manama  
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**N**ouf Marwaai is the poster girl of yoga in the region. Founder of Arab Yoga Foundation, she has taken the practice to thousands of people in the region.

A recipient of Padma Shri, the fourth highest civilian award in India, she is in her continuous efforts to make yoga everyone's part of life across Arabian countries.

"I started practising yoga when I was 18 years old after being diagnosed with lupus, an autoimmune disease. My father, a martial arts expert knew yoga and he introduced it to me. A book on asanas also increased my curiosity towards learning this great technique.

"Later, I travelled to India and began learning yoga from great teachers. My health began improving and I decided to learn more and more on yoga. My background in clinical psychology also helped to gain better knowledge on the



Nouf receives Padma Shri award from Indian President Ram Nath Kovind.



Nouf with Indian Prime Minister Narendra Modi.

subject."

In her attempt to take yoga to the common man, Nouf is working with Saudi authorities to regulate the practice, licensing and certification of yoga teachers in the country. "At Arab Yoga Foundation, we certify yoga teachers

and follow standards that are suitable for Arab countries."

Nouf said yoga is gaining great popularity across the region. "We have a lot of representatives in Jordan, Lebanon, Egypt and other Arab countries. Over 500 yoga teachers have grad-

uated from our school in Saudi Arabia.

"We are looking forward for collaborations to start institutes in Bahrain, where one of our students Fatima Al Mansoori is training scores of students."

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NOUF



Our heartiest wishes on this celebration of  
*International  
Yoga Day*



June 21  
International  
Yoga Day



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