

Who body

DO THE TWIST

Stretch it:
half-bound
lotus twist.



Want to strike a new pose? Byron Bay yoga teacher Rachel Zinman (pictured), 39, explains ISHTA yoga—the Integrated Science of Hatha, Tantra and Ayurveda.

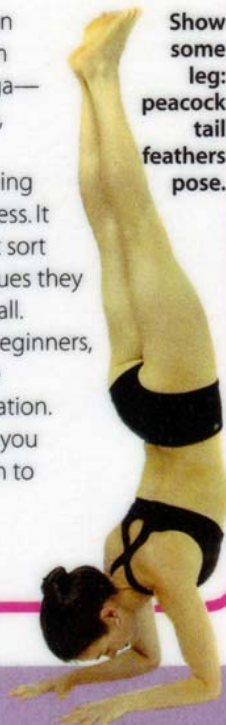
What is it? It incorporates breathing and uses breath to deal with stress. It looks at the individual and what sort of poses and breathing techniques they need—rather than one size fits all.

Who can do it? It's designed for beginners, though advanced students love ISHTA because it includes meditation.

Benefits? You feel more relaxed, you have more energy and you learn to cultivate peace of mind.

For more information,
visit www.ishtasystem.com

Show
some
leg:
peacock
tail
feathers
pose.



FROM LEFT, SARA JAYSCOPE FEATURES; LIONEL HAHN/ABACA/SCOPE FEATURES