

in their sexy gym Juicy Couture, may be alarmed to learn that the straight and narrow course set by Patanjali doesn't really detour via the club circuit! But such are the compulsions of high living that many a rave slave believes otherwise. Almost always, their trance isn't meditative! And although detox rocks, a spa is so much more seductive than self denial. Poor Patanjali would have to reinvent his eight-fold path, as spirituality is merely another trendy accessory in the survival tool-kit of the present-day party animal.

More recently, Oprah Winfrey has been vexed and woeful about having fallen off the weight wagon all over again—being her heaviest in a long time. Overworked, overwrought and overweight, hers is somewhat the story of most of our lives! Should she turn to yoga, she would, no doubt, find solace and a slimmer silhouette. And yoga would find its most



In the Indian wellness tradition, yoga is a potent tool; it is said that as far back as the fifth century BC, Bhakti Yoga was evolved as an endeavour to align the individual to an abiding attachment with the Divine



Antique sari bomber jacket by Miriam Strehlau, sequined leggings, black frilly hot pants & grey silk necklace by Gheebutter, white sunglasses by Chrome Hearts

From ageing to obesity,
sluggish sexuality to clogged
karma, yoga is the latest
cure-all for everything that
vexes the glam slam



ardent champion in the West. Not that it has been doing too badly down the decades!

There are, even today, increasingly many more celebrity converts to yoga. Madonna and supermodel Christy Turlington in the West, along with scores of others, well-known or not so, are keeping the yoga studios bustling and in business. And back home, Shilpa Shetty and her Bollywood brigade are holding the pose with practiced ease. Not that it's easy. But celebrities love challenges, especially if it means being vindicated in the public eye with yet more acclaim for their expertise—and that enviable hour glass that draws the ahs!

And, then, there is a whole new breed to contend with—celebrity yoga trainers. From Bikram Choudhary (whose classes in artificially heated yoga studios in Hollywood are controversial) to Baba

Tie-dye silk bomber jacket by Miriam Strehlau, sequined leggings & black frilly hot pants by Gheebutter, chunky necklace by Nitya Arora, sunglasses by Chrome Hearts



Ramdev (whose televised demos are even more controversial), to Deepika Mehta (who trained Aishwarya Rai) to Bharat Thakur (whose Artistic Yoga is taught in fancy health clubs), to purists like Jehangir Palkhivala and Zubin Zarthoshtimanesh who hold out for a no frills-no fuss discipline, to Usha Devi Rathore in London (who trains Koo Stark and a whole bunch of London's A-listers), the yoga guru has arrived!

There are, several, equally celebrated yoga genres, from the old Ashtanga to the newer Iyengar Yoga. There is Bihar School Yoga and Kundalini Yoga, Hatha Yoga, and Power Yoga and a whole load of other inventions like chanting and *kriyas* of various kinds that all pass for yoga.

However, despite the hype and the hoopla of recent times, its timeless classicism is unmatched. Yoga works at various levels. There is the obvious physical regime that trains and tones the body, both without and within. There is the mental rigour that sharpens focus, concentration and clarity, something most manic 21st century multi-taskers need. And there is the spiritual awakening that

In our contemporary quest for youthfulness, we turn to the oldest known wellness system in the world, yoga, for its restorative & regenerative virtues, like a magic key, it opens our crusty locks & karmic blocks

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Racer back tie-dye silk vest by Miriam Strehlau, leggings by Gheebutter