

ROCK-A-BYE BABY

Q “I’ve had a baby a few months ago and she loves being rocked. I can’t put her down much because she’ll cry, but I seriously miss yoga! Are there any flows or restorative poses I can do while holding my baby safely?” **Harriet, West London**

A **Larah Davis, Founder of Ibiza Retreats is a Yoga Therapist, Life Coach & Integrative Quantum Medicine Practitioner, ibizareretreats.com, says:**

“Hi dear Harriet. Bless you – I have been there! My first baby always needed to be held. So let’s integrate the rocking into

some standing postures – where you can regain the strength, calm and power of a warrior! Try these exercises, first the High Lunge. Step your right foot forward, placing your heel beneath your knee so that your knee bends at 90 degrees. Press out through your back left heel and ‘zip’ your inner left thigh towards your right to centre your pelvis and hips. Inhale to rise up onto the ball of your left foot and strengthen the muscles in your left thigh (your quadriceps). Exhale to press heel back and lower leg slightly down. Repeat five times and change sides. For more poses, go to my blog at soulandspiritmagazine.com and try the rest of the asanas. Good luck to you and baby, and check out the

Holy Mama retreats run by my dear friend Claudia where you can come with your baby too!”



RELATIONSHIP ROUNDABOUT

Q *“I am going through a breakup at the moment and I’m fine, but I need to figure out my next steps properly this time. How can I get out of my quick cycle of relationship-breakup, round and round again? I need to be single and strong but I always fall back into a relationship somehow!”*

Tori, Cardiff

A **Krishna Rose, musician and author of *Woman in Red: Magdalene Speaks*, krishnarose.com, says:**

“Dearest Tori, I sympathise with you, breakups are never easy. Relationships are natural for us, we are gravitationally pulled to them out of a need to feel secure, settled, and safe. However, cycling through

relationships isn’t working for you. Making different choices from here on is the key to breaking the chain. My advice is to know your strengths and weaknesses. Try writing down three lists on a large piece of paper in three columns. The headers should read ‘what I want,’ ‘what I don’t want’ and ‘what I need’. Beneath each column write your honest answers. Think carefully, as you are affirming your choices. For example under ‘what I don’t want’ you might write ‘cheater,’ ‘anger problems’ and under the column ‘what I want’ state affirmatively ‘loyalty’ ‘generosity’ ‘kindness,’ ‘self-control’. For ‘what I need’ write ‘security,’ ‘love,’ ‘stability,’ and so on. Next, roll up your scroll, tie it with a piece of pretty ribbon. If you have an altar, place it there and ask for divine help. If you don’t have an altar, try putting it between four crystals and asking for divine assistance. This is very effective in being clear with yourself and with the universe. Most importantly, I would not take anyone seriously until all those boxes are ticked (or most of them!). Good luck!”

ODD ATMOSPHERE

Q *“A friend and I had an awful argument recently and whilst we’ve made up, there has been a strange energy around since. It’s as though the air around us physically changes when we’re together. How can I clear this negative energy?”*

Claire, Bristol

A **Carolyne Bennett, Life Coach, Law of Attraction teacher and positive living expert at carolynebennett.com, says:**

“I’m sorry to hear about your argument. As humans we exchange energies through invisible energetic cords. When we have an argument with someone, the cords that are established tend to leave the strange energy you describe. No matter how much each person tries

to move past the hurt, because this cord is still attached, it makes it tricky to move forward.

A simple yet powerful practice is to ‘cut’ the negative cords to release you both from the build-up of energy. It will free you to re-establish a positive connection. Try closing your eyes and visualising your friend standing in front of you. Imagine both of you surrounded by a protective white light. In your mind, notice the negative energetic cords that attach to you both. Notice where they are and how thick they are. Then find a way (any way that works for you) to ‘cut’ the cords. Maybe imagine using scissors or a laser light. Now visualise the area filling with beautiful healing emerald green. This will help you. With kindness, Carolyne”

