

YOGATM MAGAZINE

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CELEBRATE THE POWER OF YOGA

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TURNER**

FROM BAPTIST TO BUDDHIST

ALEX CERRATO

**SUMMER
YOGA FLOW**

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Unlock Your Zodiac Power

WITH THE BEST WORKOUT FOR YOUR ASTROLOGICAL SIGN

Words: Amanda Place

Amanda Place is an award-winning Personal Trainer & Founder of Sculptriton, with over a decade of experience.

The zodiac signs, derived from astrology, have long been associated with different personality traits, characteristics, and even physical predispositions. Working out in line with your zodiac sign can be a fun and motivating way to maximise your physical potential while indulging your cosmic curiosity. Below Amanda provides details on the best workouts for you based on your astrological sign.



▲ **ARIES (MARCH 21 - APRIL 19):
HIGH-INTENSITY INTERVAL
TRAINING (HIIT)**

As a fiery and dynamic sign, Aries thrives on intensity. High-Intensity Interval Training (HIIT) is perfect for Aries, offering short bursts of vigorous exercises followed by brief recovery periods. Your energetic and competitive nature will help you push your physical limits and enjoy the challenge of HIIT workouts.

▼ **TAURUS (APRIL 20 - MAY 20):
STRENGTH TRAINING**

Taurus, an earth sign known for its persistence and determination, finds its perfect match in strength training. Focusing on building muscle mass and developing overall strength not only aligns with your innate practicality but also provides you with a sense of stability and grounding.



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▲ **GEMINI (MAY 21 - JUNE 20):
DANCE FITNESS CLASSES**

Gemini, symbolised by the Twins, possesses a vibrant and adaptable nature. Dance fitness classes, such as Zumba or hip-hop dance workouts will capture your need for variety and social interaction. These classes offer an opportunity for you to express yourself creatively while enjoying a fun and engaging workout.

CANCER (JUNE 21 - JULY 22): ► **YOGA**

Cancer, a water sign associated with sensitivity and emotional depth, benefits greatly from the calming and nurturing aspects of yoga. This practice allows you to find balance, reconnect with your emotions, and provide self-care. Gentle yoga flows and restorative poses will also help create a sense of inner peace and well-being.





LEO (JULY 23 - AUGUST 22): GROUP FITNESS CLASSES

Leo, known for its natural leadership and love for the spotlight, thrives in group fitness classes. Whether it's a high-energy spin class or a challenging boot camp, the camaraderie and collective energy of group workouts will feed your need for attention and motivation. These classes also provide the perfect platform for you to showcase your strengths.



VIRGO (AUGUST 23 - SEPTEMBER 22): PILATES

Virgo, an earth sign characterised by attention to detail and a desire for perfection, finds harmony in the precise and controlled movements of Pilates. This low-impact workout strengthens the core, improves flexibility, and promotes body awareness, aligning perfectly with your inclination for meticulousness and mind-body connection.



LIBRA (SEPTEMBER 23 - OCTOBER 22): BARRE CLASSES

Libra, represented by the scales of justice, values balance and harmony. Barre classes, combining elements of ballet, Pilates, and yoga, offer a well-rounded workout that engages both the body and the mind. The graceful and fluid movements of barre routines will resonate with your love for beauty and elegance.

SCORPIO (OCTOBER 23 - NOVEMBER 21): MARTIAL ARTS

Scorpio, a sign associated with intensity and inner strength, thrives in martial arts disciplines. Whether it's kickboxing, jiu-jitsu, or taekwondo, these workouts will channel your passionate energy while cultivating discipline and self-control. Martial arts can provide you with an outlet for you to focus your emotions and enhance your physical prowess.



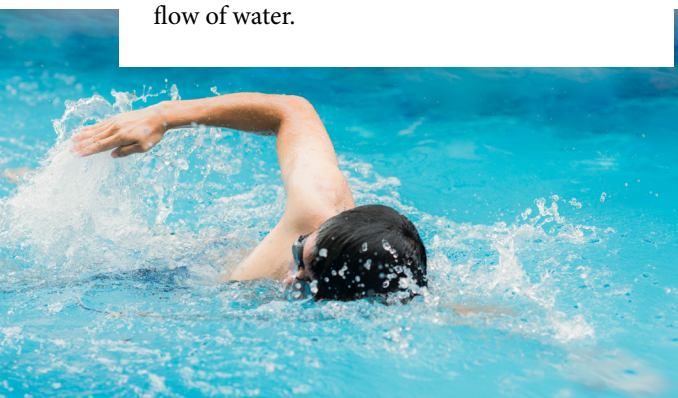
▼ **SAGITTARIUS (NOVEMBER 22 - DECEMBER 21):**
OUTDOOR ACTIVITIES

Sagittarius, the adventurous and freedom-loving sign, revels in outdoor activities that combine exercise with exploration. Hiking, trail running, or cycling will allow you to connect with nature, stimulate your sense of adventure, and fuel your boundless energy.



▼ **PISCES (FEBRUARY 19 - MARCH 20):**
SWIMMING

Pisces, a water sign associated with intuition and empathy, finds solace in the tranquility of swimming. This low-impact exercise promotes both physical and mental well-being, enabling you to escape the world's chaos and immerse yourself in the meditative flow of water.



▲ **CAPRICORN (DECEMBER 22 - JANUARY 19):**
CIRCUIT TRAINING

Capricorn, known for its ambitious and disciplined nature, finds fulfillment in circuit training. This form of workout combines strength training with cardiovascular exercises, enabling you to efficiently manage your time while maximizing results. The structure and goal-oriented approach of circuit training will align perfectly with your diligent work ethic.



▲ **AQUARIUS (JANUARY 20 - FEBRUARY 18):**
TEAM SPORTS

Aquarius, an independent and social sign, thrives in team sports. Engaging in activities like soccer, basketball, or volleyball will get you to exercise your competitive spirit while enjoying the camaraderie and teamwork that comes with it. Team sports also provide you with an opportunity for you to connect with like-minded individuals.

Aligning your fitness routine with your zodiac profile can be a source of inspiration and motivation in maintaining an active lifestyle. Experimenting with different workouts can help you discover the activities that resonate with your personality traits and preferences, allowing you to enjoy a more fulfilling fitness journey. Regardless of your zodiac sign, the most important aspect of any workout is finding joy in it and staying consistent.

Amanda Place is an award-winning fitness coach and founder of Sculptrition. Sign up for her free weekly fitness tips via her website, <https://www.sculptrition.com/>