

Changing world needs alternative therapies

BY SHAMILA JAMALUDDIN

AN exhibition featuring traditional and alternative therapies opened in the capital showcasing a range of well-being products and health supplements from different countries.

The ongoing "Arab Naturals 2007" at the capital's Beach Rotana Hotel and Towers with 150 international exhibitors from twenty five countries exhibits Complementary and Herbal Products and Treatments.

The exhibition running concurrently with a conference with speakers, resource personnel and delegates from all over the world, demonstrates the growing importance and popularity of natural products and alternative medicine around the world.

"Arab Naturals 2007" expo and conference, which is presented by the Health Authority - Abu Dhabi (HAAD) and the Zayed Complex for Herbal Research and Traditional Medicine, also features a wellness show demonstrating various techniques in therapy, rejuvenation, convalescence and revitalisation.

Highlights

"Feng Shui for Life", "Animal Yoga for children" and "24kt" a treatment with the extraordinary therapeutic properties of 24kt pure gold were some of the highlights at the exhibition among others namely "Relaxation Drumming", "Natural Clothing and Fabrics", "Natural Furniture and Gifts", "Islamic Products", "Organic Food" among many others.

The Feng Shui booth offers a variety of remedies and enhancements to rectify inauspicious situations and improve people's lives.

Shivani Adalja, Feng Shui consultant, a new resident of Abu Dhabi speaking to "The Gulf Today" said, "Since family life is very much valued in this part of the world, im-

plementing the art of Feng Shui can enhance it further with the progress of children and adults."

"And since people build villas here, the art of Feng Shui can be implemented from scratch while they are being constructed for good luck, health and wealth. This art is extensively used in both home and business environments all over the world," Shivani observed.

Feng Shui is a Chinese science of managing your external environment. It places the ordinary items of your daily material, such as plants, furniture, lighting and colour, in positions, which create a harmonious resonance.

"But I'm not sure how the residents of Abu Dhabi would react because there is very little knowledge about this ancient Chinese Science here," she opined.

The Feng Shui consultancy by freelancer Shivani offers private Feng Shui consultations, Kua Number Calculations, Business card and Logo Design and Energy Management.

Animal Yoga

"With the use of fun imaginary animal poses, actions, sequences and balances, this fun filled yoga interlaced with games and quiet time attracts children to yoga sessions," said Sunita Bhalla, founder and CEO of Gems of Yoga.

"Since children love the outdoors, nature walks,

taking care of plants and animals, watching nature shows and reading stories about animals, the animal yoga movements can help increase a child's self awareness, and strengthen their bodies," added Sunita.

"Further, the practice of animal yoga offers an opportunity for children to gain a sense of peace, concentration and self confidence," she observed.

Sunita calls upon young students, who as-

pire to be yoga models, to practise yoga for five minutes with her at her booth to get a photo opportunity.

"Gems of Yoga" is open to hosting animal yoga for children in Abu Dhabi. Various stretching positions are taught in a fun way to make it interesting for the children and helping them to improve their memory and canalise their energy in a constructive manner.

The principles behind the postures include the development of wholesome personality of the children, which include proper relaxation, exercise, breathing, diet and positive thinking and meditation.

General Feng Shui guidelines

BY A STAFF REPORTER

CLEAN out the clutter from the house - old things create blockage and hamper progress.

Bathroom door is to be shut at all times. The pot cover should be closed after use. Hang a round-framed mirror at eye level outside the bathroom door.

In an open mouth earthen bowl, put sea salt in the bathroom. Every three days, change the salt.

All watches, clocks, remote controls, cameras, video players and other electronics items should be in working condition. If they are not working, repair it and use it or remove it.

All clothes that are not worn within one year need to be removed from the house.

No broken things are to be kept in the house. Old toys and books, which are not in use, have to be removed.

Keep your entrance free from clutter and garbage at all times.