

head office have in Halifax. The academy would house themed babyballet character dance studios, a soft play area, a cafeteria and a dance shop. Ayse enjoys the job satisfaction babyballet has given her but most importantly she loves the way in which she can manage her own time, allowing her to get quality time with her daughter. "For the first time in my life I can honestly say I feel passionate about what I am doing. I love the concept, the vision and I am confident that it is going to be as much of a success here as it has been and continues to be up North."

❁ For more information on babyballet and finding your local class visit their website at www.babyballet.co.uk or phone Ayse on 01737 227039



Zoë Mongey has two great passions, Yoga and her family. In her new DVD she combines these to create a comprehensive programme, which aims to help women have a happy, healthy pregnancy and experience a positive birth.

"My vision is that this DVD will help pregnant women look after themselves, and their unborn babies, and find extra comfort and vitality during their pregnancy. This will help them to enjoy the journey, and feel prepared for the experience of labour."

The mum of four's passion for yoga started when she decided to become a yoga teacher, after she travelled the world as both a marine photojournalist and scuba diving instructor. Zoë thought this would be a great way for her to combine her teaching skills and her love of yoga. She began her teacher training with an apprenticeship in Iyengar Yoga and after teaching for a few years, she continued her studies by completing a teacher training programme in Pranayama, meditation, Ashtanga Yoga and Vinyasa Yoga. When Zoë became a mother she discovered the positive and profound effect that yoga could have on pregnancy and labour, leading to her specialising in pre-natal, post-natal and baby yoga. Zoë found, by doing yoga during preg-

nancy, women were able to help open and strengthen their bodies, relieve various aches and pains and improve their sleep. She also found that yoga helped women to bond deeper with their unborn babies. This meant that when the time came and women had their babies, they were able to draw upon the techniques they had learned in yoga practice to become calmer and more accepting during labour.

Now, after years of teaching pregnant women, Zoë has decided to launch 'Bliss From Within,' a DVD where she hopes to share the benefits she has experienced from yoga in her own pregnancies and labours.

"Students were always asking me if I had a DVD they could follow when they couldn't come to a class and I know from personal experience that sometimes your energy levels are low at the time you're supposed to go to your class or one of your other children/work may need you and you can't make it. That's why I decided to create 'Bliss from Within' so people could practise in the comfort of their own home at the time that best suits them."

In the DVD there are a selection of programmes to choose from that each start with two breathing exercises known as Pranayamas. These are there to help women calm the mind and centre themselves. The DVD then leads to sequences with the physical parts of yoga, the Asanas. Here the focus is on strengthening and opening the whole body. Mums can then choose between a programme that focuses particularly

on opening the upper back, chest and shoulders or one focusing on opening the hips and lengthening and strengthening the legs. The programmes then both finish with a section that enables women to bond with their babies with baby-bonding visualisation, where supported relaxation positions are demonstrated.

"These additional features are the really special ways that yoga can help women prepare mentally and physically for the journey of pregnancy. By teaching these techniques in 'Bliss from Within', I hope to guide women through a happy and healthy pregnancy with a positive approach to birth."

Zoë also hopes the DVD will help women with a range of different pregnancy related conditions by including special modifications for: Carpal Tunnels Syndrome, high blood pressure, low blood pressure, oedema, varicose veins, throbbing of the legs, sciatica and general back pain.

Although Zoë is based in Australia, Zoë thought it was important to launch the DVD in both the UK and Australia.

"Having grown up in the UK it not only seemed a logical place to start but the county seems to encapsulate a wide range of mothers-to-be, working mums, home mums and active healthy mums. All of which make up the cross section of society's mums today."

❁ For more information on 'Bliss From Within' and where to purchase the DVD visit www.jiivana.co.uk or e-mail zoe@jiivana.co.uk