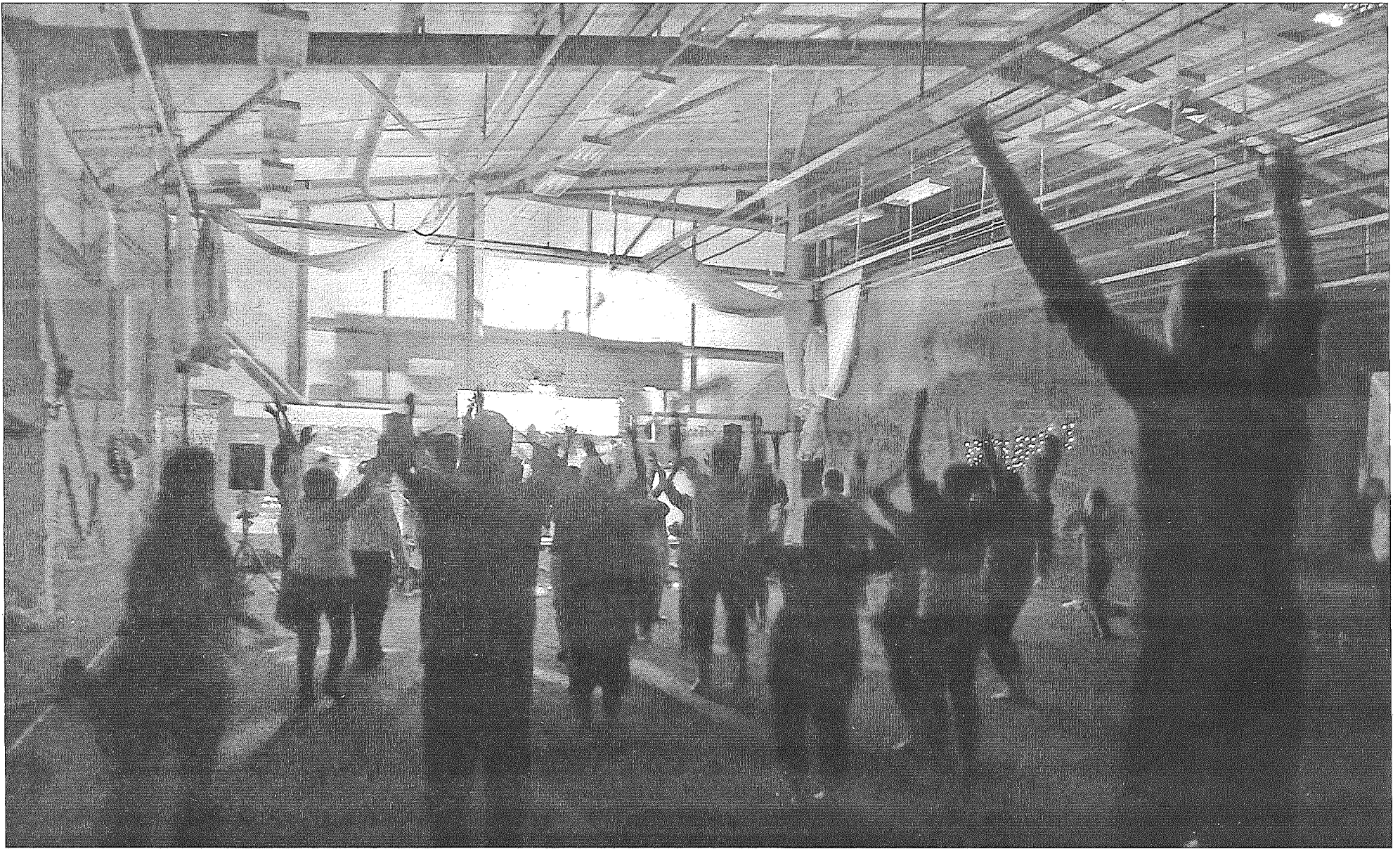


Yoga rave comes to Guernsey



The ravers get their natural high at the Indoor Cricket Centre. (Picture by Jess Stevenson, 1068890)

GUERNSEY has experienced its first yoga rave.

The concept was brought over by the Art of Living Foundation from France and is about experiencing a natural high without drink or drugs.

Around 50 islanders took part in the event at the Indoor Cricket Centre on Tuesday night.

Instructor Spencer Delisle began by asking people to take part in simple exercises such as clapping hands and then handed over

by Jess Stevenson

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to a yoga instructor.

The participants practised yoga, meditated and later danced to a live band.

Guernsey Art of Living chairwoman Julie Madeley said the event, which raised money for a youth project in Pakistan, was about opposites – from furious activity to complete silence – with life-enhancing music.

'Yoga rave' is soothing even though it's

livening. It's both exhilarating and calming.'

Ms Madeley said the concept was a new one locally, but events like it had been taking place all over the world including in New York, South America, Paris and Spain.

'We are the first place in Britain to experience it,' she said.

'And the president of the Indian Student Society at Glasgow University has come to see how it's done so he can find out how to run it.'

Art of Living teacher Mr Delisle, who is based in Paris but is originally from Canada, came specially to put on the event here.

'It's basically another way to have fun,' he said. 'And it gives youngsters an alternative to drink and drugs. We get your spirit high.'

Mr Delisle said the session, which started with yoga, relaxed people and enabled them to release their energy in the form of dance.

The instructor, who also trained as a biochemist, said he had originally been drawn to becoming involved with the Art of Living after realising how meditation could clear his mind.

Prior to the start of the session, Modrite and Janis Lipstova, aged 21 and 26, said they were excited about the impending yoga rave.

'It looks great,' said Mrs Lipstova. 'We've been waiting for something like this to come to Guernsey.'



Julie Madeley, chairwoman of Guernsey Art of Living, and Art of Living teacher Spencer Delisle put on the event. (1068860)

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All those attending will be entered into a draw for an iPod touch.

DATE: Wednesday 22 December 2010

VENUE: Luna Bar, Lower Pollet (opposite the White Hart)

TIME: 5–7pm

RSVP not essential.

Missed the event or would like further information? Contact **Jackie Hankin** by email at jhankin@uk.ey.com

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