

# SHAPE

9TH  
BIRTHDAY  
GIVEAWAYS  
WORTH  
\$4,600+

WWW.SHAPE.COM.SG

SINGAPORE  
JULY 2013 | \$6.00

## RUN YOUR BEST RACE

Must-do moves to get  
stronger and faster

QUICKIE FITNESS

## THE 9-MIN COUPLE WORKOUT

QUIT BEING  
LAZY - FOR  
GOOD!

## Yummy Low-Cal Canapes & Cupcakes

BYE FLAB,  
HELLO ABS!  
How singer Ming Bridges  
got this body

SHAPE  
SUNCARE  
AWARDS  
2013

THE ULTIMATE  
DANCE CLASS Pg 84



# Shape Yoga In The Park 2013

"This is my first time doing yoga outdoors. I love it! The air is fresher and I can hear the sounds of nature."

KAREN TEE, 42, ACCOUNTANT

"Shape Yoga events are more creative than others as the different venues add novelty."

ALICE NG, 39, SALES MANAGER

"The poses were held longer than in my usual sessions – tiring but good!"

NOOR MARUZZLYANA, 38, LEGAL SECRETARY

"Loved the workout and goodie bag!"

LINA TOK, 36, ADMINISTRATIVE ASSISTANT

"Systematic and well organised. This is also a great location."

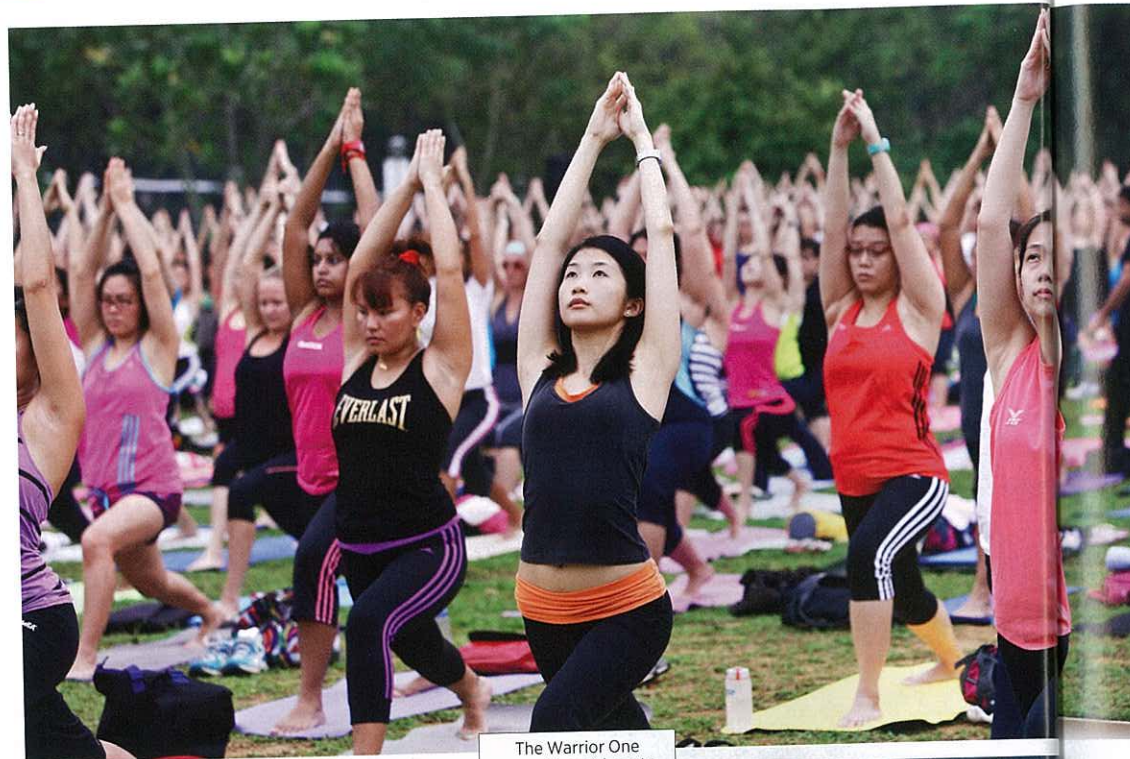
LISA YAM, 45, DIRECTOR

"My body is giving way and it's high time to keep fit. I'm game for any events organised by Shape!"

PATRICIA OLIVEIRO, 49, RETAIL STAFF

"I prefer outdoor yoga – it brings me closer to nature. Organise more of such events please!"

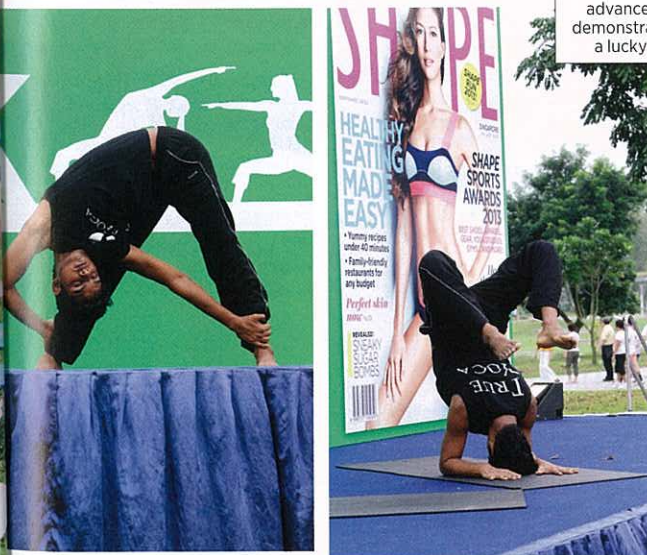
JOANNA LEE, 28, BANK EXECUTIVE



The Warrior One pose (above) boosts strength and stability while seated yoga poses (below) promote flexibility.



After the workout: goodie bag collection, an advanced yoga demonstration and a lucky draw!



## A BIG THANK YOU!

To our sponsors for helping us make this event a success: Official fitness partner True Yoga and official presenter Yoplait as well as goodie bag sponsors – Four Seasons Organic Market, Eu Yan Sang, Homesoy, Jergens, Knife, Lakerol, Listerine, Nature's Wonders, Naturel Organic, Uncle Tobys, YOU C1000 and Zappy Boy.

SCAN TO WATCH EVENT FOOTAGE!



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"I came from Jakarta just for this event. Doing yoga helps relieve my shoulder pain and migraines."

DEWI OSCAR, 43, HOUSEWIFE

"I usually run. This is my first time doing yoga. I wasn't expecting to sweat! My shoulders feel more flexible already."

LIZA IDRIS, 38, ACCOUNTS EXECUTIVE

"I like how the poses were challenging but manageable. This has inspired me to resume practising yoga!"

KOTHAI KARUPPIAH, 38, CONDOMINIUM MANAGER

"I really enjoyed myself. Good effort, Shape!"

NUR HUDA, 27, SERVICE AMBASSADOR

"It's great to become more in touch with my body."

CARMEN WONG, 24, MARKETING EXECUTIVE

"It was definitely a great relaxing session – and a good break from our busy lives!"

JESSICA KALIP, 16, STUDENT

"I will definitely get my friends to join me next time!"

PRISCILLA TAN, 58, ADMINISTRATOR

# Lovin' the lush greens

Work out in nature, come rain or shine? You bet! *Shape* Yoga In The Park 2013 sets a record attendance of more than 700 participants despite the initial drizzle.

BY ALICIA KHO, ESTELLE LOW AND LI YULING



The Cobra pose strengthens both the back and abdominal muscles.

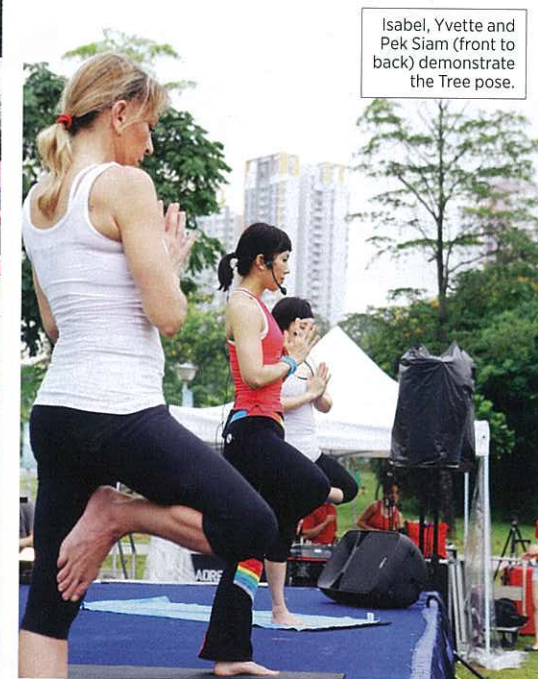
PHOTOGRAPHY VERNON LIM

Dark clouds and light rain in the dawn of April 28 did not dampen the enthusiasm of more than 700 women who gathered at the scenic Ang Mo Kio-Bishan Park for *Shape's* fourth outdoor mass yoga event. Thankfully, the rain soon subsided and the workout ensued as a cool breeze blew gently.

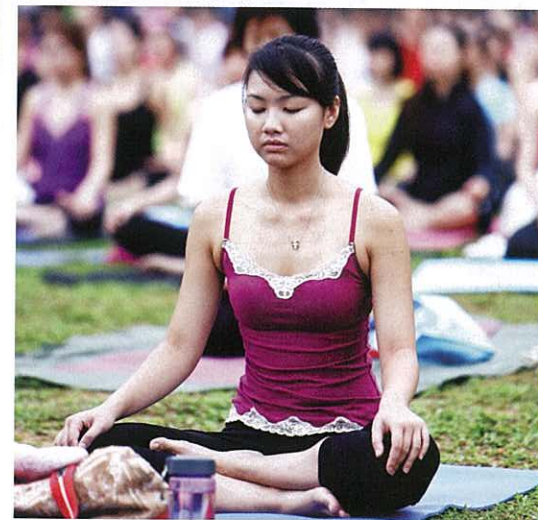
Led by True Yoga instructors Yvette Tee, Isabel Coimbra and Pek Siam, the session

began with a series of warm-ups. With soothing music playing in the background, the participants then slowly assumed yoga stances that incorporated breathing techniques and deep stretches before cooling down with a series of relaxing poses.

Not wanting to miss out, many then made a beeline for the various booths distributing refreshments and door gifts after the invigorating 75-minute workout. While the crowd enjoyed their refreshments, they were treated to an impressive demonstration of advanced yoga moves by True Yoga master, Nirupan Chakaravarthi. ▶



Isabel, Yvette and Pek Siam (front to back) demonstrate the Tree pose.



**“This was a good sweat session and a calming experience. I’m definitely joining again!”**

WENDY LOH, 33, REAL ESTATE SALESPERSON

**“The instructions were clear. Of all the yoga events I’ve joined, this is my favourite.”**

CECILIA TAN, 33, BANK OFFICER

**“The whole experience – doing yoga in the park in the morning with a nice instructor – was wonderful. A basic but great workout.”**

INDRE RILEY, 28, MARKETING MANAGER

**“I feel more relaxed doing yoga in the park – I can hear the birds!”**

JASMINE KUM, 24, ENGINEER

**“I’m so glad I finally managed to get a slot after two years of trying! It’s a pity that it’s held twice a year. It should be done monthly!”**

ELVY LINN SELAMAT, 38, BANKING OFFICER

**“It was a great experience exercising outdoors with so many ladies.”**

STEPHANIE LIM, 39, TEACHER