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FASHION FILE

TWO NEW STYLES FROM LIPSY

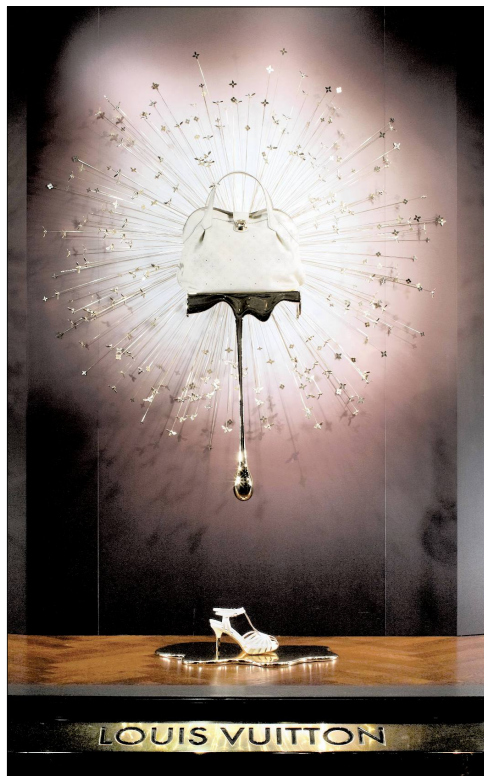


Lipsy Instinct animal print one-shoulder dress, R1 480, RTD, Bedfordview, 011 450 4825



Lipsy cowl-neck embellished strap dress, R1 710, Pallu Boutique, Sandton City Shopping Centre, 011 783 8290.

LOUIS VUITTON – SWEET AS HONEY



HONEY is inspiring the window displays of Louis Vuitton stores around the world, including the ones at Sandton City shopping centre and Cape Town's V&A Waterfront.

Honey lights up and drips off gorgeous bags and shoes, in celebration of the first batch of honey produced from three beehives installed on the roof of the Louis Vuitton headquarters on rue du Pont Neuf in Paris.

LV windows are the same around the world, so if it's spring in Paris, it's spring everywhere. The "As Sweet as Honey" windows will be shown until the end of May.

The beehives were installed in April 2009, and throughout 2010 more than 200 000 bees gathered 75kg of nectar, from which a golden honey was produced. It is destined for LV's friends and family.

"The preservation of bio-diversity is one of the great challenges of sustainable development as 35 percent of food resources in the world are insured by nectar and pollen-gathering insects," the company said.

It's been in South Africa for years, but Biodanza now seems to be everywhere. Sarah Taylor reports

I'M LEAPING into the air, then gliding across the floor, my body moving with ease to uplifting South American beats. I'm no dancer, but there are no steps to learn – I create my own dance. There is no correction or judgement from the teacher, nor a mirror in which to judge myself. It makes me so happy. It's my first experience of a Biodanza class, conducted by effervescent Biodanza teacher Kate Clement.

A fusion of music, movement and emotion, Biodanza is really taking off in South Africa – there are more than 30 teachers in the country, 18 of them in Joburg. Literally "life dance", Biodanza was founded in the 1960s by Chilean Professor Rolando Toro Araneda, who passed away last year at the age of 85. The psychologist and medical anthropologist described it as a coming together of "art, science and love".

Kate, who studied in South Africa and with Araneda, describes him as fascinating and totally passionate about life.

"For him, life was about love, about connecting. He would tell us that our job was to bring joy and colour into a grey world."

Kate, who moved to South Africa from Australia in 1995, came across Biodanza by chance in Joburg and, after her first class, was struck by "the enthusiasm, joy and warmth of the people, and the fact that they were dancing to very nice music".

Shortly afterwards, in 2000, she joined the first intake of the School of Biodanza South Africa and became one of the first teachers in South Africa trained by Carolina Churba Doyle.

"The more I learnt, the more fascinated I became. Biodanza draws on deep roots in physiology, psychology and biology. It's a very well structured system."

By 2002, she was teaching Biodanza and had an opportunity to



BIODANZA DANCING FOR LIFE

study with Araneda in Brazil.

The essence of Biodanza, she explains, is that people's growth is impacted most strongly by the factors in their personal ecology and other people are one of the strongest factors.

"Our potential either blooms or collapses, depending on these relationships."

"Biodanza creates a rich environment, involving other people, music and dance, that positively activates our potential. This directly affects our physiology."

"For example, some dances are designed to enable the release of life-enhancing hormones such as oxytocin and serotonin. These make us feel happy and connected to other people – bringing a deep sense of contentment."

Kate says the effect of Biodanza on people is gradual.

"Over time, and the weekly practice of Biodanza, people's biology moves into a more positive state. The receptors in their cells orient themselves towards a more joyful way of being."

"We take special care to avoid dances of movements that have a 'shock' effect on the people. This is because shock releases stress hormones, such as cortisol, which break down the body."

"People have enough of this in their lives... We aim for people to leave class with a sense of well-being and a smile."

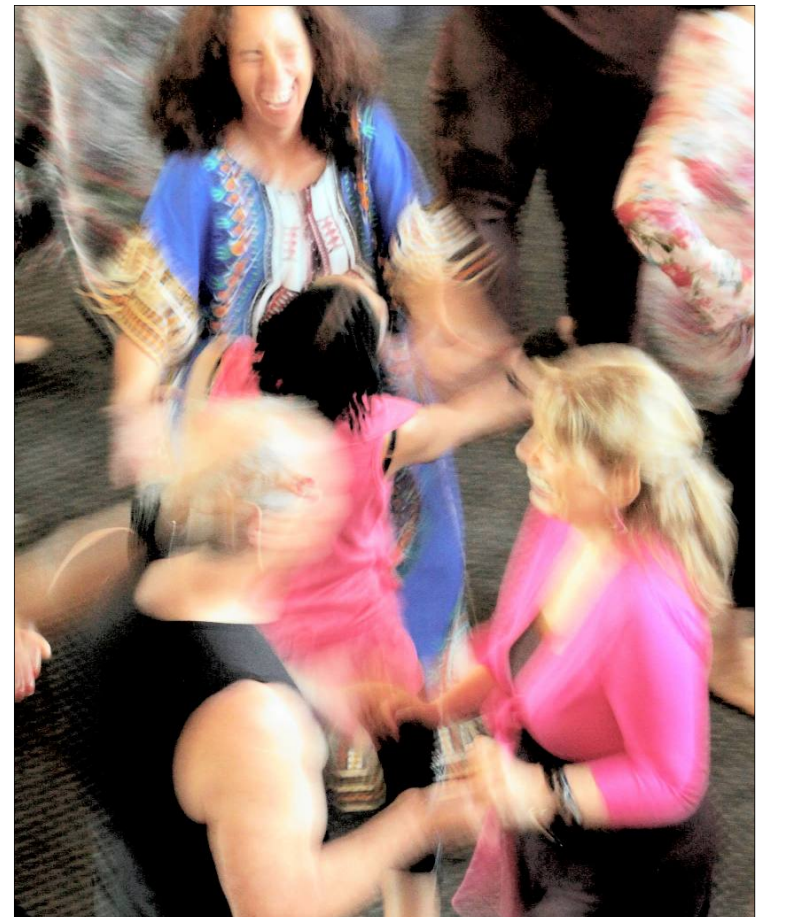
Research, especially that conducted since 1995 by Dr Marcus Stueck of the Institute for Applied Psychology at the University of Leipzig in Germany, has shown that after 10 weekly Biodanza sessions, people are more relaxed and optimistic, their

immune system is stronger; they can better control their anger, and have improved interpersonal and problem-solving skills.

Biodanza has had "an enormous" impact on one of Kate's students, Michelle, who's been doing Biodanza for about five years.

"I couldn't see this impact initially, although I could feel it. Only now do I see how much I have changed."

"When I came to my first class I was overweight, sad, broken, dependent and a bit of a mess," recalls Michelle. "Biodanza provided me with a safe space to dance freely and it has helped me to look after myself. It has helped me connect with other people and it has started me on a fitness journey, involving gymming and cycling, which saw me lose 20kg



Biodanza helps adults – and kids, top left – feel happier and healthier through dance, music and interaction with others.

PICTURES: SALLY SHORKEND AND HANNA JACOBS

over the years I've been dancing. "I've also become more confident. I do believe that it's all about the physical repairing that goes on through the dances."

Zola, who participates in the adult classes as well as those for children with her kids, has also noticed a dramatic change since she began doing Biodanza two years ago.

"Before Biodanza I was very shy. I would walk in the street and avoid making eye contact with others. I work as a facilitator but I used to be terrified of standing up in front of people."

"Through Biodanza I have definitely become more confident. Now I walk in the street, looking at others, smiling at them, and I get smiles back."

"I also used to be a very rigid person, who liked things done in

certain ways. I find that I am more open to new ways of doing things. I am coming out more," Zola says.

Kate offers two evening classes a week for adults in Craighall and Roosevelt Park, which are good for beginners.

She also offers a once-a-month children's class in Richmond. "It's a fun way for your kids to get motor integration and co-ordination, to open up their creative expression and imagination and for you to play in 'their world'."

One class a week for a month costs R350, and R120 per class to drop in. The first class is free. Kids' classes are R40 a person.

● **Kate Clement can be contacted at 082 901 0075 or by e-mail at katebiodanza@iafrica.com.**
● **For more classes in Joburg and Pretoria, see www.biodanza.co.za**

MOMS, WORK YOUR CORE AT 'PUSH ME FIT' CLASSES



Classes are run at Mushroom Farm Park, Sandton; Delta Park, Randburg; and Walter Sisulu Botanical Gardens in Roodepoort, with more venues coming soon

PUSH Me Fit is a new exercise programme designed by physiotherapists as a postpartum workout for moms with their babies – and using prams.

It aims to strengthen and tone muscles, build cardiovascular endurance, burn fat and improve flexibility.

All classes incorporate a cardiovascular and free-weight-based full body workout which targets the core abdominal muscles and pelvic floor muscles weakened during pregnancy.

The pram, free-weights (and even your baby) are used as an integral part of the Push Me Fit workout.

The programme has other benefits: It allows moms to get out of the house and socialise with other moms while getting back into shape. New moms can exercise without

having to arrange for child minders. It saves time and energy.

Research has shown that regular exercise increases energy levels and that the serotonin released during exercise makes you feel happier.

It teaches you to turn your baby's pram or stroller into a portable fitness machine, so you can get a workout wherever you are.

Classes create an "exercise experience" to share with your baby. The scenery and moves combined with the social interaction of your instructor, other parents and babies keep you and your baby smiling.

Classes are held outdoors in a secure environment.

● For more information, visit www.pushmeffit.co.za, call 011 326 4639 or visit their Facebook page.

– Staff Reporter

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