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BIG BANG MECA-10

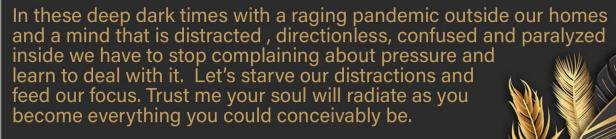
Blue ceramic case. In-house manual movement, with a 10-day power reserve.

September Editor's Letter

"Pressure is a Privilege" the quote was recently mentioned by the Tennis Star Novak Djokovic when asked about the mental pressure the athletes have to undergo due to the intense schedule, maddening attention of media on their success and failures and back breaking training routines. Needless to say there were enough brickbats against Novak for saying it like it is.

Even coal is subjected to intense heat and pressure before it turns into a diamond. That which is valuable is pure, properly aligned and glitters with light - the same is true for every person as for the gem. Let's understand that a poorly integrated person cannot hold himself together when challenged. Hence we have to focus ourselves to a point where stress, aging, an unresponsive coworker, a screaming

boss, crazy timelines do not break our well tempered soul.



Strength & Light, Deepti

Let's connect at: instagram.com/jivewithdeepti









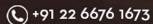
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Tarot Forecast

Get the Look Palph Lauren



Keaton Camo Canvas Sneaker



Signature Pony Leather Wallet



Packable Water-Repellent Balmacaan Coat







Inspired by the quest for ultimate performance and the timeless elegance of its racing heritage.

FOREVER CHASING TOMORROW

TAG HEUER CARRERA Original Racing Chronograph





Excelling in varied avenues, Maniesh Paul reveals about his journey, most special moment, fascination for watches and what keeps him going through life...



You have been a Rj, VJ, host, writer, singer and an actor, out of these what have you enjoyed the most?

Honestly I love entertaining people, be it through any medium, I don't want to limit myself to any particular aspect. I've been an RJ, I had worked in daily soaps, have been working in films, hosting for a very long time as well. What matters the most to me is entertaining people, that is what I love, be it in any medium that doesn't matter, what matters is entertaining and audience loving it. On stage hosting is all together a different experience which I love and enjoy, for the sheer energy and vibe of a live audience.

Was there a particular event or time that you recognized that acting would be your life and your living?

I was always interested in entertainment. I remember in my school I used to be more active in plays and dramas, so somewhere I feel I was always inclined towards the field of entertainment and that got me to choose acting and come to Mumbai.



You have hosted several reality shows which one is your favourite and why?

As I said, you can't pick a single one! There are different experiences, memories and learnings associated with each project, each show. I personally enjoy all forms of art, so being a part of a singing, dancing, educational show, has been like a blessing to me to dive into every genre, every medium.

Tell us about your Podcast "The Maniesh Paul Podcast"

It is a passion project for me, something that is extremely close to my heart. I launched the podcast to create a safe platform for people to convey their journeys. It is inspiring what lies under the surface of someone's success; the struggle, the hardships, the stories one experiences are really fascinating. With 'The Maniesh Paul Podcast' I have been able to enjoy an enriching experience to bring forth such incredible stories, offering an insight into the varied sectors of our society by talking to people from different walks of life.

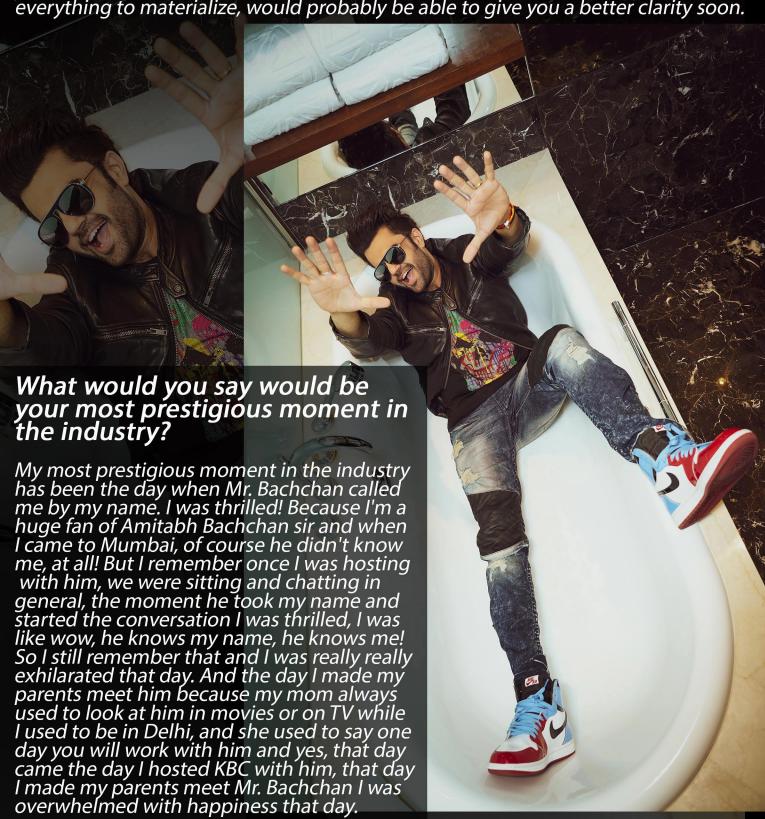
Tell us about your fascination for watches? Which of the brands do you prefer? How has your taste and style evolved over the years?

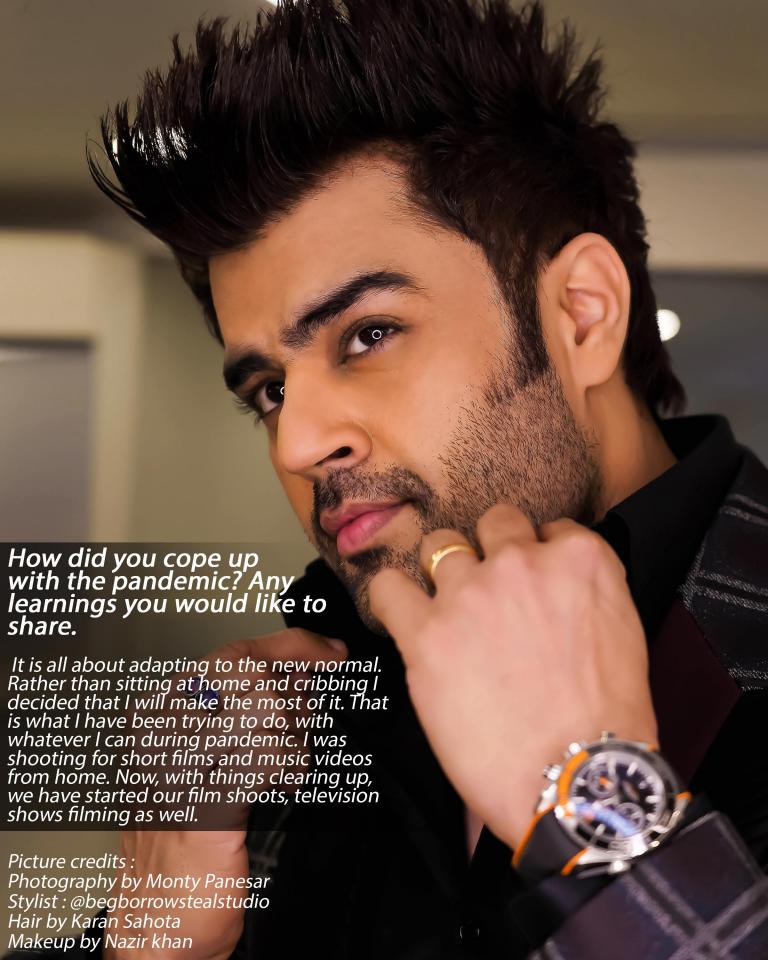
Fascination for watches has been there for long long time. I remember ever since my school days I was very fond of wearing a watch and when I started earning I started owning a lot of them. Touchwood, right now, with God's grace I have a great Watch collection, if I may say so. My favorite right now is Omega, I am very fond of Omega watches and next on my list is a Rolex, which I soon want to own one. Another thing why I love watches is because I'm a very very punctual guy so I love to time my day.



Tell us about the future projects that you are looking forward to. Any films lined up?

Currently really excited for Jug Jugg Jeeyo, there are few other projects which are yet to be announced and I have also been reading few scripts, waiting for everything to materialize, would probably be able to give you a better clarity soon.





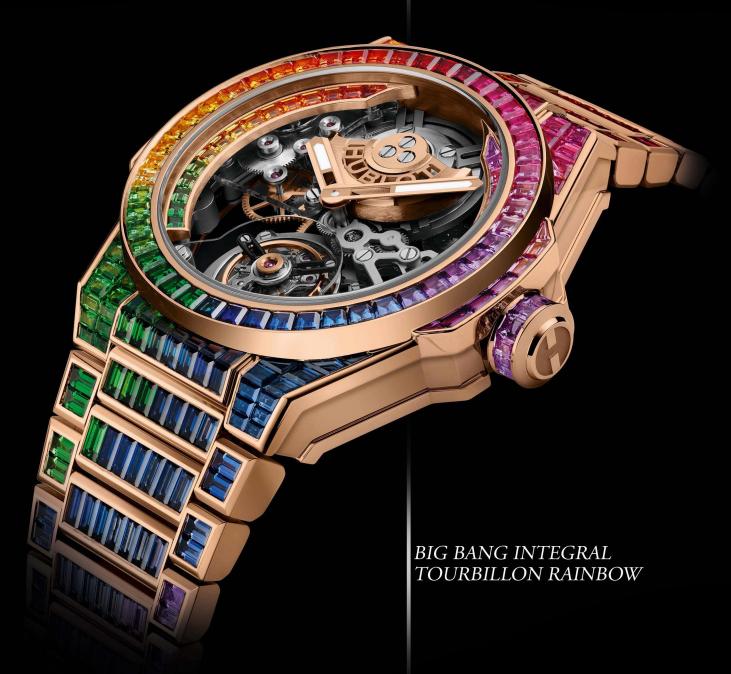


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Editor, S.



HUBLOT'S Unique take on rainbow







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Baby Dior FALL-WINTER 2021-2022 Collection

For the fall-winter 2021-2022 season, Baby Dior unveils a collection celebrating the connections between the Earth, the sky and humankind. Poetic pieces that reinvent Dior codes.

BERET DRESS T-SHIRT SLEEVELESS SWEATER MESSENGER BAG CAPE





BRUNELLO CUCINELLI



New needs and routines punctuate the rhythm of our daily lives, articulating clear-cut criteria for new and informed choices. Nature shows us the path we must take, the ideal muse, whose regenerative abilities ensure sensations of wellbeing. Clothing is no longer purely aesthetical or functional but now also looks to express feel good style based on the union between pleasure and balance.

The return to authentic and natural values has allowed us to appreciate the significance of time and space, and the importance of enjoying them at their fullest.



Knitwear and Materials

The inimitable qualities of knitwear delightfully influence all categories in the collection, to create an enwrapping knitted season. From fluid and lightweight coats, blazers, down jackets and matching-sets to knitted dresses, all-over looks and twin sets, as well as bags and footwear, a reassuring common thread enriches looks with the spirit of a modern and precious idea of comfort.

Colors

The collection concentrates on eternal colors, a selection of timeless hues that have the innate potential to transmit charm and stability. Clear and bright on first impact with tinges of unsaturated pastel tones to introduce harmonious colored touches.

Combinations

The new season wardrobe is informal and relaxed, without being defined by the needs of specific occasions, where a dialogue between comfort and sartorial prestige provides the basis for outfits free from constriction. With practicality always in mind, the combination of formal character and informal taste confirms the fundamental canons of casual chic style without rigorous protocols.



Outerwear and Matching sets

The ample and enveloping surfaces of coats become tactile, whilst precious and noble fabrics enrich sporty outerwear. Following extremely soft knitted reinterpretations, the quality of the natural fibers expressed by garza-effect fabrics, double cloths or cozy cashmere prevail.

Trousers and Skirts

The soft and comfortable volumes of trousers play an important role in the creation of contemporary looks, uniting sartorial expertise and informal comfort in a new equilibrium between tradition and innovation. The attention given to cuts and details is exalted by the materials and by special textures. The most classic of the classics, denim confirms its enduring presence across a variety of styles from 70's inspired bootcuts, to the curved and barrel shapes of the 80's and finally the straight cut high-waist silhouettes of the 90's.

Accessories

Accessories fully represent the canons of modern comfort and the timeless appeal of the collection, creating elements that enhance the continuity between indoor and outdoor style, characterizing and enriching looks with versatile elegance, suitable for any moment of the day.



Lffordable luxury for all at Natuzzi Editions



Classic, contemporary, stylish and edgy – all true about Natuzzi Italia and all true about Natuzzi Editions, an affordable brand under the Western Furniture umbrella.

Affordable doesn't mean it is any less luxurious than the flagship brand it gets its name from, Natuzzi Editions is a brand "crafted by humans for humans" and is a down to Earth statement of Italian craftsmanship.



Cosy sofas and humble materials, intuitive design that is practical and at home in most spaces, that fits into the mould rather than standing out.



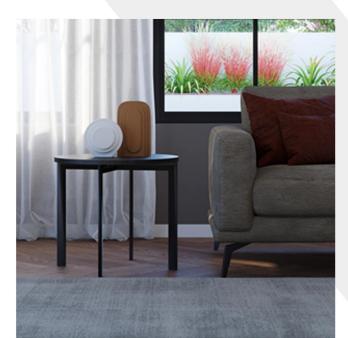














George Clooney Lifestyle Feature

George Clooney, one of the sexiest men alive as voted by the people and one of the 100 most influential people according to the Time magazine lives his life in an elegant way. Clooney rose to fame with his portrayal of Dr Doug Ross in the famous show ER and rose to stardom with the release of his biggest commercial success, Soderbergh's heist comedy remake Ocean's Eleven, the first of what became a trilogy, starring Clooney. He has been nominated for Academy Awards in six different categories, a record he shares with Walt Disney and Alfonso Cuarón, and with Brad Pitt is one of the only two actors to have won both the Academy Awards for Best Supporting Actor and Best Film.



Clooney has a lot of properties all around the world. Clooney has a property in Los Angeles. He purchased the 7,354-square-foot (683.2 m2) house in 1995 through his George Guilfoyle Trust. His home in Italy is in the village of Laglio, in Lake Como, near the former residence of Italian author Ada Negri. Clooney also owns a home in Los Cabos, Mexico, that is next door to the home of Cindy Crawford and Rande Gerber. In 2014, Clooney and his new British wife Amal Alamuddin bought the Grade II listed Mill House on an island in the River Thames at Sonning Eye in Oxfordshire, England at a cost of around £10 million.In May 2021, The Economic Times reported Clooney plans to buy a vineyard near the village of Brignoles, in



France, which includes an 18th-century manor with its own swimming pool and a tennis court.

Clooney was the highest-paid actor of 2018, largely due to the sale of his tequila company, Casamigos.



While in his car and bike collection he owes a Chevrolet Corvette V8 C1 convertible, Harley-Davidson Dresser Touring Ultra Limited FLHTK, Tango T600 EV, Tesla 'Signature 100' Roadster, Lexus LS and a Porsche 911 Carrera 2 (964) Speedster.



He has often hosted a lot of his celebrity friends at his villa near the majestic Lake Como and certainly lives his life to the fullest.

Contributed by Siddhant Mane



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2021 FORMULA 1 SAUDI ARABIAN GRAND PRIX: 100 Days to Go!



"What we are doing together with Saudi Arabia is amazing, it's something the world has never seen before"

Carsten Tilke, Managing Director of Tilke GmbH

In just 100 days Formula 1° will roar into Jeddah as Saudi Arabia will host its first-ever Grand Prix.

In the countdown to the inaugural race weekend, circuit designer Carsten Tilke has revealed the spectacular course will be the fastest street track in Formula 1° history.

Motor sport fans around the world are eagerly anticipating the moment Formula 1° takes to the Jeddah Corniche Circuit for the first time when the Red Sea port city hosts the FORMULA 1° SAUDI ARABIAN GRAND PRIX 2021 on 3-5 December.

For over 30 years, the business founded by former racer Hermann Tilke has been the pre-eminent circuit design company for some of the greatest tracks in Formula 1°. His son Carsten Tilke is Managing Director of the firm with the responsibility of the huge construction project on the Jeddah coastline.

In just under 12 months, Tilke has been working in record time to create the 27 turn, 6.17km circuit that will be the second longest of the 2021 F1° calendar, after Spa-Francorchamps.

The company has joined forces with Formula 1°, the sport's governing body the FIA, and local promoters the Saudi Automobile and Motorcycle Federation, to design a track that will thrill both drivers and spectators alike. Without the usual confines of a downtown city centre, what will make the Jeddah Street Circuit unique is that the site's location has been built from the ground-up, meaning the track has been designed with a free hand.

As a result, long straights and high-speed corners will ensure the Jeddah Corniche Circuit will have the highest average speed of any street track in Formula 1° history, estimated to be 252km/h.

"The circuit in Jeddah will be extraordinary," says Carsten Tilke, managing director of Tilke GmbH. "It will be a different kind of street track. What we are doing together with Saudi Arabia is amazing, it's something the world has never seen before."



In just 100 days, the new circuit on Jeddah's idyllic waterfront will wow spectators in both the grandstands and thanks to its stunning floodlights, television viewers around the world.

As the countdown begins to this historic event, we caught up with Carsten Tilke for a more detailed discussion about the spectacular new circuit Formula 1° is heading to this December:

How have preparations been for the first-ever Formula 1 Saudi Arabian Grand Prix 2021?

"It has been incredibly busy. Never before have we undertaken a project like this in such a short timeframe. We started last December, and we need to be finished in 100 days and this has included both the planning and construction phases.

"Even though Jeddah will be a street circuit, everything has been built from scratch, including much of the track itself and the buildings, pit garage, royal 'overlook' tower and grandstands. The location for the 6.1km circuit is the beautiful corniche, just north of the city centre of Jeddah.

"It's a stunning landscape with the Red Sea on one side and a lagoon on the other, but we've had to put in place all the foundations for the buildings, the drainage for the whole area and the track itself. It's been a huge undertaking and a challenging project, but everything is progressing very well, and I have every confidence everything will be ready on time."

Can you explain how both Formula 1 and the Saudi Arabian organisers of the race have helped you in creating this new street circuit in Jeddah?

"The story of why this circuit has been fast-tracked into construction is because the Qiddiya venue near Riyadh that was originally slated to host a Grand Prix is a huge undertaking that will take many years to create. The intention was to accelerate Saudi Arabia's presence on the F1 schedule so Formula 1 made a number of visits to Jeddah to look at sites to create something that would take less time to build.

"We have only been able to achieve what we have done in the timescale because of the amazing work from the local people in Jeddah which includes the promoter and the whole management team at the Ministry of Sports. A project like this can only work if everyone is united. It's a big undertaking and it requires a lot of organisation to ensure the construction runs smoothly.

"We have the experience of creating a lot of tracks, but this is the first Formula 1 circuit in Saudi Arabia. We have had a good relationship with everyone, both locally and with Formula 1 and the FIA."

What qualities will this circuit have that will make it different to other F1 tracks?

"We worked closely with the organisers in Saudi Arabia and with Formula 1 to create a circuit that will produce great racing and will be a challenge for the drivers. In addition, it will be spectacular for both the visiting spectators and the TV audience around the world.

"Therefore, we have a very challenging fast section that the drivers will love, a 12-degree banked corner that will help with overtaking and a stadium section surrounded by a number of grandstands. In addition, there will be Drag Reduction System [DRS] zones on the straights to further aid overtaking, while the whole thing is situated in a beautiful location under floodlights. It will look incredible on TV and also from the point of view of the spectators in the grandstands."

Typically, street circuits are characterised by slow, 90-degree bends, but you have been able to create high-speed corners, how has that been possible?

"The beauty of this location is that we are close to the city and can attract a high number of spectators, but we are not confined to a downtown area which is restrained by the location of buildings. Typically, modern cities are made up of blocks, which when used for a circuit leads to many 90-degree corners one after, another which isn't particularly exciting for the driver or spectator.

"We don't have that restriction here as the corniche area north of Jeddah is only just being developed. It means we could create a number of designs in collaboration with F1 which were then run in simulations built by Ross Brawn's Motorsports team at Formula 1. Using our engineering know-how and their results led to adjustments being made to the layout which were then simulated again to develop a new model. And then of course the FIA needed to consider the safety aspects of the design would lead to further revisions.

"The fast sections we have on the track are only possible if safety is guaranteed, which is closely checked and monitored by the FIA. For me this is why the Jeddah Street Circuit works so well. It's close to the city, it will draw in the spectators and have the atmosphere of an urban venue, but it has the space so we can increase the speed of the corners which is something you can normally only do at a permanent facility. All of these elements will make this one of the best circuits in the world."

Looking at an onboard lap from a computer simulation of the track, it looks like drivers will relish the challenge...

"Yes, it will be the fastest street circuit in terms of average speed, estimated to be 252 km/h. And while many of the corners will be at full acceleration, they will still be a challenge for the drivers. I have driven the lap many times on the simulator - right now I'm probably top of the leaderboard in our office with the lap record! - but with the walls close to the edge of the circuit, you really need to concentrate to avoid making a mistake. I find that the character of this track really flows in this landscape and it will be very rewarding for those who can master its 27 corners."

With 100 days to go what are the biggest challenges that lie ahead?

"Everything is a big challenge. If you visit the site in Jeddah today all you will see is a big construction site. The time schedule is so tight that we cannot make any mistakes, and everything needs to go ahead as planned. It's a huge logistical exercise, but it's all going to plan right now.

"What you have to consider is that we can't build the track and then focus on the buildings, they have to be constructed in unison. But for example, the royal 'overlook' tower crosses over the track, so there needs to be co-ordination to finish each stage at the right time.

"You will see from the renderings that the views from the royal tower - as well as the stadium and the grandstands - overlooking the circuit will be incredible. Plus, the whole stadium section will have premium hospitality inside so spectators will be able to see the cars at the start, braking for the first corner sequence, then they'll drive underneath them on the fast return leg.

"Right now, the foundations have been finished for the pit building and we are focusing on other areas of the track that require completion to the highest quality. Every track we build in every country is different, but we have great partners in Saudi Arabia, and we have a lot of experience by deploying our best people on site to ensure everything runs smoothly. When everything is complete in 100 days from now it will be an amazing spectacle."

SERGIO HUDSON Home Accessories



NEFERTITI EMBROIDERED PILLOW

KING TUT EMBROIDERED THROW PILLOW

From the Designers Black Hollywood Collection inspired by the opulence of Ancient Egypt and glamour of the golden age of Hollywood. This pillow is embroidered with original artwork from the Sergio Hudson design team. This is the perfect addition to any room and will for sure be a conversation piece.

Applique.design Made to Measure Bridal Wear



Ps: check out their luxe brand Kariena May. Rent hand embroidered luxurious gowns for your big day





How did it feel to be the youngest DJ to headline a festival?

I think for me at that time I had no idea that I was doing such a thing, but to be honest it just feels all normal more than anything else. It's just an honour to be able to do what I love.

How did your music journey start?

I was always really inclined towards much but my love for DJ'ing simply started by wanting to do something out of the norm and never get stuck into a 9 to 5. DJ'ing started as a pure hobby, never as anything else, it slowly turned into a passion and then into my profession. I would say I am just very luck to have stumbled across on what I love so early on in my life.





How was the feeling when you came to know you booked Tomorrowland?

I really didn't believe it at first, I thought okay for sure yea fine must be. Eventually when I read the email two to three times it was incredible to realise it. I was more humbled than anything else to be the first India to grace that stage and create history for the country. I still recall the amount of pressure that I had on my shoulders but also the amount of support.

One DJ you would like to collaborate with?

Armin Van Buuren, he's been a guru for a long time.



How do you think the dance music scene in India has evolved in these recent time?

Dance music grew at a really fast pace for a very long time and the foundation grew into something beautiful. In all honesty I think dance music in India has gone back to what it was before the explosion, maybe it's due to covid maybe it's due to the festivals getting overly commercial and losing the essence of it. I think going back to the foundation has made it even stronger.

Best concert you have been to where you went as an attendee.

Armin Only in Mumbai, NSCI! That was a show, drama, excitement, music everything!



Top 6 exquisite dining destinations for your next holiday

The world is your oyster, they say. If so, these six spots are the pearls of destination dining. From the blue waters of the Maldives to the historic architecture in Milan, accompany your food with not just taste but the sights and sounds of these breath-taking restaurants.

Tailored dining at Seta, Mandarin Oriental Milan

Starting in Italy, the Mandarin Oriental Milan offers their guests a two-Michelin-starred experience like only the Italians can master. The hotel is housed in a series of elegant 18th-century buildings in the heart of the city and steps away from the fashion district and the artistic neighbourhood of Brera. Guests can stay in luxurious accommodation and



be taken on a gastronomic journey designed by the hotel's acclaimed Chef Antonio Guida. With so many options to choose from, The La Via del Seta tasting menu should be your go to experience. The menu includes a selection of Chef Antonio's signature dishes, including Oysters with potatoes, friggitelli peppers and champagne sauce and his legendary variation on risotto, the delectable Risotto with raspberry and herb cream. Indulge in the best Italy has to offer.

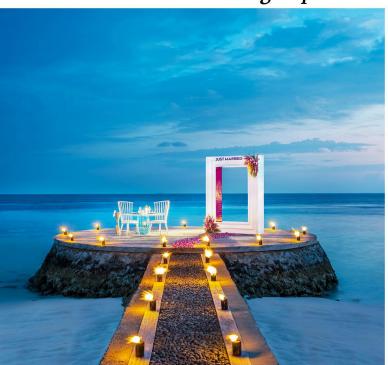
Private Dining on the beach or Coral Terrace

On our next destination, we land in the Maldives. Revel in the unique and bold dining experiences like no other at the W Maldives. This journey into the unexpected offers guests an array of carefully curated dining experiences that will ignite a desire to live it up, soak in it and hit repeat. Perfect for the most magical romantic dinner, this bespoke experience will ensure memories are made forever at this evening of love. Guests choose from one of



the spectacular locations around the resort, surrounded by the turquoise waters of the Indian Ocean to create a unique dining experience fit for royalty. Offering a farm menu featuring a range of exquisite meats, ocean menu inspired by the sea, a combination of the two or something special created for vegetarians, every detail is crafted specially for the happy couple. Dishes include sumptuous lamb rack with herb crust, wagyu beef stripling, luxurious caviar and portobello mushroom risotto, bringing flavours from around the world

Gaathafushi Private Dining Experience



Staying in the W Maldives, this experience combines the wonders of nature with a gastronomic delight. From a sensational sunset with bubbles and canapés to a five-course casual bistro menu complete with private chef, or a barefoot beach barbecue in the glistening white sands of the Maldives, this luxury private island experience is unrivalled romance. On this private palm-fringed island, guests can design this elevated date-night to whatever their desire as they are transported to this heavenly haven.

An Italian night in in Jeddah

Jetting off to Jeddah, Saudi Arabia next. There's nowhere better to be in Jeddah than on its 20-km-long corniche, and Rosewood Jeddah makes the experience even more exceptional with incredible offers to take advantage of. Epicureans will be especially delighted with the hotel, which features four restaurants and lounges. The hotel's popular Habsburg restaurant has launched a lavish



Italian night which offers guests an array of irresistible options including an assortment of fresh Italian cold cuts and cheeses, freshly baked Italian breads, pasta, pizza and mains. Guests can also indulge in an afternoon tea amid Viennese charm at Soleil and socialize over beverages and bites alongside endless views at Sky Lounge.

Bask in the ambience in Doha City

Doha offers a host of gastronomic delights to welcome discerning diners to one of the city's finest dining destinations. Mosaic, one of the centrally located Madarin Oriental Doha hotel's three key restaurants, offers an eclectic collection of cuisines prepared in nine live cooking stations which include a rotisserie, sushi station, Arabic grill, tandoori oven, Asian wok, yakitori grill and two stations dedicated to delicious desserts alongside refreshing juice and smoothies. With a lively ambience and panoramic views of the

backdrop with views of Barahat Msheireb, Al Corniche and West Bay.



In-Retreat Barbecue

And lastly, with a quick trip back to the W Maldives, guests can feel the sand between their feet and admire the starlight above as they savor fish fresh from the ocean with the in-retreat barbecue experience in the natural surroundings of the W Maldives' luxury villas. Gourmet delights from land and sea include baby chicken marinated in local spices, keffir lime butter lobster tail and melt-in-the-mouth king prawns. This destination

dining experience is the perfect way to bring loved ones together immersed in the natural environment with the soundtrack of the gentle ocean waves and mesmerizing crackling of charcoal.

Baby Love with Mamas and Papas



Dinosaur Jersey Cotton Sleepsuits 3 Pack



Moby 3 Stage Bathtub



Pabobo Turtle Musical Projector Night Light



Playmat and Gym - Dream upon a cloud



Howdy, I hope this finds everyone safe and well!

Last month we explored some simple breathwork techniques and how these can be used to help improve our moods, behavior and general wellbeing. This month we are going to continue along the breathwork path and talk about breathing for movement.

I have a lot of clients who incorporate movement as a main part of their wellbeing routines. As we progress in their training, an integral part is ensuring that we are conscious of how to use breathwork to optimise performance and progression.

For many of us, when we go for a walk or a jog, we just breathe. We don't necessarily think about it, we just do it in accordance with how much our body demands! However, there are a few techniques that we can use to synchronise our breath with our movement and get the most out of our efforts.

Breathwork for Cardio

In last month's article we covered the importance of nasal breathing (nose inhale, nose exhale). Whilst moving, the nasal inhales remaining constant, however, the exhale can switch from nose to mouth depending on the rate of exhalation required. To keep it simple - as you continue to move your body, the by-products of energy production increase. One of the major by-products is carbon dioxide, which needs to be expelled. Carbon dioxide creation increases as the session continues, forcing you to have to expel larger quantities. Thus, exhaling through the mouth (a larger cavity than the nose) allows you to 'blow' more out of the system in one exhale.

For many of us, we feel that this mouth exhale needs to be matched with a big gulping inhale through the mouth. However, as we covered last month, this is an inefficient method of utilising our lung capacity. During cardio, we want our breathing efficiency to be maximised, and thus we continue with slow, controlled inhales through the nose. At this point, synchronisation of our breath with the mechanics and cadence (rhythm) of our movement is the key.

To illustrate this, let's take jogging as an example. Generally as the duration of our jog continues, the need to breathe more efficiently will increase. As we continue, we breathe in through our nose, and 'blow' out through our mouth. At this point, we want to focus on synching our breath with our stride. It may potentially be - 3 strides for a nasal inhale, and 2 strides for a mouth exhale (IN, 1, 2, 3 - OUT, 1, 2). It will vary from person to person, however, when put into practise, most people will very quickly establish a pattern that matches their stride.

By finding this synchronicity, we can move towards greater efficiencies in the delivery and uptake of oxygen, energy creation and waste metabolism. Understandably, you may be thinking - this isn't rocket science buddy..., however, opposed to simply allowing our body to breathe unguided, this process can open the door to some pretty significant performance gains.

Please try it and let me know, I would love to hear your feedback.

Breathwork for Resistance Exercise (eg Lifting Weights) -

There are some great upsides to incorporating resistance exercises into your wellbeing routine. Maintaining muscle mass and strength through range of motion movements can lead to some fantastic metabolic, mobility and lifestyles benefits.

There are two main considerations for breath-work during resistance training. One is for maximal performance, and the other is for injury mitigation. When shifting weight, without the structure to support the forces generated, we can quickly find ourselves with a joint or muscular injury. In order to avoid this we want to incorporate a breathwork technique that helps facilitate proper muscle activation and structural strength through our lumbar and core regions.

The technique that we can use for this is called Exhale on Exertion (EOE). The technique involves taking a slow, deep nasal inhale before commencing a movement (eg deadlift, benchpress, lunge).

Taking a full inhale, we expand our lungs, engage our upper body and core, and create a 'brace' of structural rigidity though our body.

Once we commence the movement, we hold our breath/rigidity through the phase of breaking inertia. This ensures that we maintain good structural support through the stage of maximal resistance.

As we continue to exert power through the mid-way and finishing point of the movement, we can slowly exhale through our mouth. Through following this technique, we not only prepare ourselves to safely shift the weight, we also create the physical and mental cues for best performance. By moving consciously, we can ensure that we properly activate all the muscles required, hold good form and get maximal results for our efforts.

Hopefully these tips for breathing for movement will come in handy. As you can tell, it's not rocket-science. However, if you have the opportunity to slowly incorporate these techniques into a future session, I hope that you will see and feel some significant performance upsides.

Have a great month, Best wishes, Chris

If you would like some further ideas regarding breathwork or general wellbeing, please feel free to contact Chris via email: chris@weretreats.me

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Tarot Forecast September 2021

By Tarot Rani
NUPUT

Aries Mar 21 – Apr 19

The cards totally get the vibe of the past. It's been a rough patch and you have been struggling hard to move forward, September will bring a balanced approach towards emotions. Health will bloom again and will show some consistency. Work will be stronger than ever but will keep you constantly on your toes. Do not let negativity cloud your judgments. Breathe in and let go. Major decision-making turns are coming ahead and you will need a clear and happy mind.

Taurus Apr 20 - May 20

You are in a phase where things are already in your favour. Let us make the best of this time. September is a great month to park in your extra few bucks. Investment can be small or big will be fruitful for the future. A month of creativity, this will bring out the best of you at the work place. A beautiful time for budding romance, paint the town red! A perfect time to pop up the question in an ongoing relationship. Your over excitement might bring a small setback in terms of health. So you need to redesign your food chart better. It is a mixed month but lots to look forward to.



future career moves.

Start the calculations.

Cancer June 22 – July 22

You have enjoyed the past months in glory and it's time to bring the balance back in life. It's time for a bit of introspection in your career and financial matters. New opportunities are highlighted and you need to start working on your pipeline. Water is your key for this month. Water detox, water mediations, visit or small vacations near water bodies will help you calm down your hyperactive imagination. While hearts are missing in the cards it might suggest to a low key love life but there is a lot of fun and craziness in the cardsotherwise. Less love and more work mode should be on for a while. Balancing the art more tough then juggling.

Leo July 23 – Aug 22

September is a perfect month to start new projects or financial investments. Career is booming and will be at its peak this month. Meetings gone right, presentations gone perfect, ultimately, rewards and recognitions are lined up. Health was you major areas of concern in the past, but this season will bring a good improvement in that area too. This is a great month to bring I ideas into reality. If you were holding on for a long time, it's time to let go. Couples will bond better than before, this time might fall into the perfect window for your future decision making. It cannot get better.

Virgo Aug 23 – Sep 22

Blast from the past! Your birthday month might bring in a rush of memories or people from you past. Both bitter and sweet might complicate the matter but with your strong will and clear judgment, you will win the game. There is good news on the cards in terms of parenting or creating any future milestones. There has been a lot of planning of the papers and this will sum up fruitfully this month. Health has hardly been complimenting you from a long while and be ready for few more comments on that end. This being your birthday month let me give you a beautiful gift ritual to keep life emotionally more aligned and abundant. Your colour for the year is green. This is the colour of prosperity and growth in many cultures across. This is a simple yet a powerful ritual and very easy to conduct and maintain. In a plain white paper, write 3 of your intentions or future plans. Make sure they are in present tense as if they are already happening. This should be written with a green colour ink pen. Now make it into a scroll an tie it with a shiny green ribbon. Keep it in your wardrobe or on your dressing packed safely in a wooden or steel box. You can now call it a "God Box". Decorate it with glitters or golds and greens. Make sure you meet your God Box often and thank it in advance. The universe is already working on your wishes. You will magically see things working by your next birthday. Once your wishes come true you can give your paper to mother earth by burying it or burn it and flow the ashes in the air. Repeat and enjoy. Happy Birthday!

Libra Sep 23 – Oct 23

This is going to be your star month and its aligned in a way that it will bring a lot of stardom and happiness. A lot has been going on in your life from past few years and months, this month will get the ball rolling. Health is at its peak and any routine you set your eyes on will be working for you. Money is opening its doorways and it might indicate new earning sources or growth opportunities. A beautiful month for family and friends which might bring relationships more closer and forget the past. Happiest of the times coming soon.

Scorpio Oct 24 – Nov 21

A lot has changed for you in the past few months and you are still getting adjusted to the terms of it. September is a fresh approach and will bring in a lot of clarity on both life and work. Health will be stable as usual and you focus will increase on personal matters family and friends. You career needs a shift but you eel stagnant and roadways seemed to be blocked. Keep your search on, and you might find some brightness in that corner. Emotionally there is still a lot to overcome an being patient will help you there. This is a month full of insights and soulful journey coming ahead.

Sagittarius Nov 22 – Dec 22

Your focus this month will be on finances and solving what is stuck in that area. This should be kept on a priority and worked out as soon as possible. It's a very neat month in market investments but control your urge to go an extra mile. Luck is favouring you but it will also bring a lot of change and shifts in your place in people in your life. These changes might go on for a while and become a cause of discomfort, saying that this leads to greater good. Health is under your own command. You focus and you are fine, you let it loose and you are paying a fine. By the month end, you will feel a lot of things will settle down but it will keep you busy throughout.

Capricorn Dec 22 - Jan 19

Past few months have been taking away your attention holistic, which led you feeling very high. September is when you compartmentalize and start working on individual subjects. Travelling on a high has clouded your vision and clarity. A lot have been going on and it's time to settle the wind in the personal front first hand. Professionally things are looking quite stable and you will in power for a more while. Influencing is the new direction. Take new people and projects under your umbrella, as you will need this resource in the future. Health will take a bit of your attention this month but you will be happy with your reports at last.

Aguarius Jan 10 – Feb 18

You have been patiently waiting for this change to come. And this is it! A lot of reshuffle and shift will happen professionally this month. It can be mentally and physically tiring but you asked for it. The best news is that these changes are exactly the way you wished for. Personal life is haywire in the cards from a while and it might show some stubbornness and still take time to sort out. You have been taking health matters very lightly and few ups and downs this month will scare you for good. It is a very powerful month for a long-term view and your materialistic needs will settle down soon. Relationship and health will take major energy for you and this might poke you as career is rapidly shifting. It is a complicated yet a futuristic month.

Pisces Feb 19 – Mar 20

Movement Growth Progress...these have been your most favourite words from the past. You are running faster than time itself. It is time to slowdown; because this is the month you take a break. Vacation Relax Self-care... these should be your target words for a while now. It's time for you to indulge in luxury and pamper yourself. Your family and friends have been waiting to spend some time with you. Career is looking at a stable pace in the cards and no major shifts can be seen. There are few deals or closures coming in the month that might make this month the best of all. You are so focused on health that it will support you for a long while. Keep up the spirit.





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