



# Yoga poses to make you feel lighter

By Sunnah Rose

Even if we have little time or are limited by space there are some amazing stretches to keep our shoulders healthy. Check out some of these simple poses that can be done at your desk, sitting watching TV, waiting for the kettle to boil, standing waiting for a train or at any time that suits you. Free your shoulders, your neck, your chest ... and enjoy.

## Eagle arms

Cross your left elbow over your right. Then let your lower arms continue to twist round each other until they can't go further. You could press palm to palm if that works. Catch your right thumb with your left fingers.

Lift the forearms up while drawing the shoulders down. Keep breathing and enjoy the stretch. Switch to the other side



## Seated twist

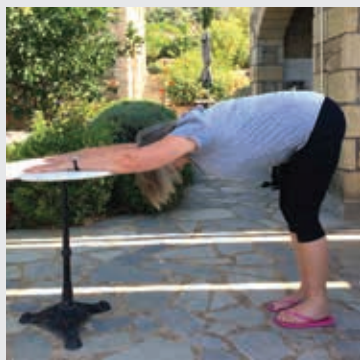
Cross the right leg over the left (or keep both feet hip width apart on the ground). Lengthen along the spine and then turn to the right placing the right arm on the back of the chair.

Bring the left hand to rest on the knee to help twist your body round a little bit more. Let your head follow the right shoulder or find somewhere easy for it to stay. Remember to pay attention to an easy steady breath. Repeat the other side.

## Forward fold for the back

Stand by your table or desk and place your hands on it. Walk your legs back and allow your body to fold forwards. Only go as far as you are comfortable and stop when parallel to the floor.

Draw your pelvis away from the table, keep knees soft and let your head hang between your arms. Breathe slowly and enjoy the stretch along your back. If you enjoy it, let your hips swing from side to side.



## Side stretch

Interlink fingers above the head, turning the palms towards the sky. Stretch the arms up as straight as possible.

Softly lean to one side keeping both sitting bones on the chair. Breathe easily and enjoy the side bend.

## Shoulder chest stretch

Interlace fingers behind your back, place your arms above the back of the chair and draw the arms backwards.

Feel the shoulders squeeze in towards each other without pushing your chest too far forwards and keep reaching back. Feel the breath in the chest area and keep it smooth and relaxed.



Sunnah Rose runs various yoga classes in East Finchley including gentle sessions to mobilise the joints and keep the back and body health; more dynamic sessions for those who want a challenge; and specific pregnancy and postnatal sessions. For more information visit [www.stretchingpeople.co.uk](http://www.stretchingpeople.co.uk).

## RICKY SAVAGE ...

"The voice of social irresponsibility"

### The past is a warm bath

*Downton Abbey* is what everyone likes to think the past was like. It's got lords, ladies, servants and Maggie Smith. It hasn't got reality so there's no poverty, scarlet fever or farm labourers. OK, maybe a few of them but purely for decorative effect. And if the TV series was a cut-price version drawn from the success of *Gosford Park* by the very posh Julian Fellowes, the new film is proof that the past was another, rather nice and reassuring, country where men were men, ladies were ladies and every provincial town had a gay bar.

This TV-on-the-big-screen has one medium-sized idea: the visit of George V and Queen Mary. It's 1927, less than a year after the General Strike and 12 years before the whole lot hit the modern reality of war. Oh so cosy! That's if you forget that George was as about as cultured as a brick wall and Mary's favourite occupation when visiting country houses was theft. No, I don't mean getting a bunch of housebreakers up from London to half inch the Gainsboroughs, but anything she could shove in her handbag was fair game.

This leap away from reality into an imagined past comes along as the nostalgia fest gets going for Christmas. We've already had the remake of three lost episodes of *Dad's Army*, a tribute to Monty Python and a cut and paste reworking of an unfinished Jane Austen novel that sticks a spot of nudity into the 19<sup>th</sup> century.

As the world heads for hell in a hand cart it's nice to know that the perfect past is there like a sedative. Me, I'll ignore it and go out to find the present. I can catch up with *Downton Abbey* next year when it gets shown on TV. Who knows, even I might need something to calm me down by then.

## Trust me, I'm an ex-journalist

By John Lawrence

When David Brill changed his career at the age of 30 from being a journalist to training to become a doctor, he didn't leave his writing instincts behind.

He has used his experience to write a book giving a raft of good advice to the UK's 40,000 medical students on how to study effectively, stay sane and cope with the inevitable stress and information overload.

David started his working life as a science and medical journalist for publications in Sydney, Singapore and London. Now a father of three young children aged five and under, he lives in Lynmouth Road, N2, and works as a junior doctor at the Royal Free Hospital in Hampstead.

### Four challenging years

He studied graduate-entry medicine at St George's, University of London, from 2014-2018, successfully juggling work and family life to secure distinctions

in his first three years and a merit in his final year.



Medical advice: Junior doctor David Brill.

"I decided to retrain, move back to the UK and we had our first child all at the same time," he said. "I started med school

in London aged 30, which presented many challenges, but have come out the other side with my sanity and family life intact."

His book, titled *Making a Medic: The Ultimate Guide to Medical School*, is laid out year by year, so readers can easily find the information most relevant to their current stage of study. It is full of cartoons, anecdotes and practical tips to help students through.

David, who originally studied neuroscience at the University of Bristol, followed by a masters in Science Communication at Imperial College London, intends to apply for GP training. Find out more about his book at [www.scionpublishing.com](http://www.scionpublishing.com).

A friendly welcome awaits you

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