



Your new DVD series is themed on the elements. Why the element series?

I became interested in the elements while studying shiatsu and found many parallels when I viewed them from a yogic perspective and their association with the chakras. Our needs are all different, our energy varies day to day and our environment is ever changing, so it makes sense to adapt our yoga practice accordingly. Some days you feel as though you need more grounding in your life (Earth practice), some days you yearn for a feeling of freedom (Air & Water).

Why is it important for pregnant women to practise yoga?

It helps them to connect to their bodies and their babies and prepare them physically and mentally for birth and their new life as mothers. It helps to strengthen the body and increases the circulation so that pregnant women are less likely to suffer from pregnancy related aches and pains.

What advice can you give to expectant mothers?

Take each day as it comes and realise that you will go through many different stages and phases throughout the pregnancy. Whenever you are going through a difficult stage remember it is just a phase that will pass! Try not to focus just on the birth. Birth is just a stepping-stone along the path to having a baby.

Is there anyone you admire / want to teach in the yoga world?

One day, I would like to teach children how to do yoga.

How has yoga helped in your daily life?

It helps to keep me calmer, centred and balanced. It also gives me energy, which helps with the demands of a busy lifestyle.

What did you do before you became a yoga teacher?

I was a model briefly and then went to university. I worked on travel documentaries, studied photography and then became a shiatsu practitioner before becoming a yoga teacher.

What's been the best advice you've been given?

Breathe deeply!

Who or what inspires you?

Children and babies inspire me with their ability to live in the moment with their beautiful innocence.

What would you say to anyone who hasn't tried yoga?

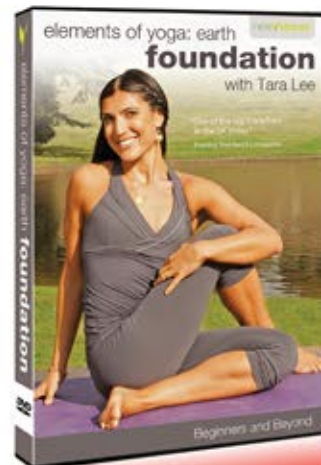
Try it. You'll be amazed at how it can make you feel! If you don't like your first class try another teacher or a different style, as there are so many to choose from!

What's next in store for Tara?

I'm releasing a new pregnancy book in spring 2013. The next two DVDs of the elements series will be available soon and I will be running some teacher training courses.

Elements of yoga: earth foundation with Tara Lee is available now at amazon.co.uk

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To win one of 10 copies, enter online at yogamagazine.com. Closing date 27th September 2012.