

INTERVIEW



The best thing about being a mother?  
Seeing that your children are happy

**How's your day been so far?**

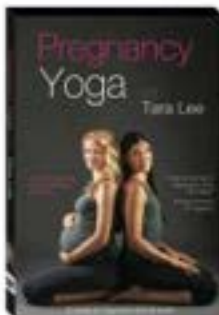
It's been a good day, I got up at 7am, did five minutes of yoga before getting my children ready for school. I did an early dance class for an hour then taught my pregnancy yoga class. I grabbed some spare time to work on my new pregnancy yoga DVD. At 4pm I went to teach a birth preparation class and spent the rest of the day with my children.

**Where do you live and work?**

I live in Notting Hill Gate, and love it; I'm very lucky to work at the Life Centre, which is a five minute walk from my house. I teach privately at clients' houses in the area too. I also love Hyde Park and often take my children there.

**What made you specialise in pregnancy and birth yoga?**

I've always had a fascination with pregnancy and birth and after experiencing for



# Tara Lee

THIS ISSUE'S INSPIRATIONAL MAMA OF TWO IS YOGA BUFF TARA LEE. WE CAUGHT UP WITH HER TO FIND OUT HOW SHE JUGGLES YOGA POSITIONS WITH LIFE AS A LONDON MUM

myself the benefits of yoga during pregnancy I knew it was something I wanted to share. It can help relieve backache and hip ache, sciatica, help with insomnia, reduce stress, balance your mood and give you more energy. It also really helps women prepare for labour; it's quite magical really.

**Apart from yoga, how else do you look after your personal wellbeing?**

I love being active and enjoy dancing, running, swimming and cycling. I also pay attention to the foods I eat and having studied Shiksha. I am conscious of trying to live life in balance when possible. I also make sure I get enough sleep where that is an option.

**What's the best thing about being a mother? And what's the hardest?**

The best thing is the fulfillment when you see

your children happy, well behaved and kind and you think you have done something right. All the cuddles and return of love you get from them is rewarding. The hardest I suppose is you never get a break and the demands can be endless.

**Who are your inspirations?**

I do not have any famous role models but I am constantly inspired by people I meet every day. My children also inspire me as you see how pure they are.

**What current projects are you excited about?**

I'm about to release a brand new pregnancy yoga DVD, which launches very soon on Amazon. It has a special hypnobirthing section by Katharine Graves and includes different menu options to suit every pregnant woman's needs, so I'm excited about that. ■



"I knew that the benefits of yoga during pregnancy was something I wanted to share"