

YOGATM MAGAZINE

www.yogamagazine.com

ISSUE 212 / NOVEMBER 2020

START YOUNG, REMAIN YOUTHFUL

Upanishads
YOGA PHILOSOPHY

RICHARD HITTLEMAN
BROUGHT YOGA TO MILLIONS

IMPROVE YOUR SLEEP WITH
PRANAYAMA

MARLENE WATSON-TARA
VEGAN TASTY TIPS FOR KIDS

TAO FACE YOGA FOR **KIDS & TEENAGERS**

HANNAH BARRETT

3 ARM DRILLS FOR BEGINNERS

YOGA, REFLECTION & THE QUANTUM REALM

Mindfulness WITH Meka
YOUNGEST US BHAKTI YOGA TEACHER



UK £4.95

USA \$9.99 CANADA \$11.25
BELGIUM, FRANCE, CYPRUS, ITALY, AUSTRIA, MALTA,
SPAIN, LUXEMBOURG, NETHERLANDS,
PORTUGAL €11.00 JAPAN ¥1572.00 UAE AED58

YOGA FOR MENTAL HEALTH + THE JOURNEY FROM CLARITY TO EMBODIED RESILIENCE + 7 KEYS TO A SUCCESS MINDSET + MOTHER AND SON'S CENTRE OF EXCELLENCE + PATANJALI'S YOGA SUTRAS + TRANSPOSITION TO TURN YOUR LIFE RIGHT-SIDE-UP AGAIN + ACTIVEWEAR BY EBURU EVRIM

FOLLOWING HIS PASSION

Meet

Ishwar Sharma

ISHWAR SHARMA is a 10 year old yoga prodigy, international performer and speaker on yoga and its benefits. He is passionate about yoga and meditation, and would like to see it included in the UK National school curriculum; an e-petition to the UK government that he started for this already has over 17,000 signatures. He is also a cheerful, personable child who loves masala dosa with coconut chutney.

Photo Credit: Sivamurthy Muniappa



**I feel yoga
can help with immunity,
physical and mental health
and possibly help us climb
out of this coronavirus
crisis.”**

On 12 September Yoga Magazine Editor Yogi Maharaj Dr Malik interviewed Ishwar at his home in Kent, UK.

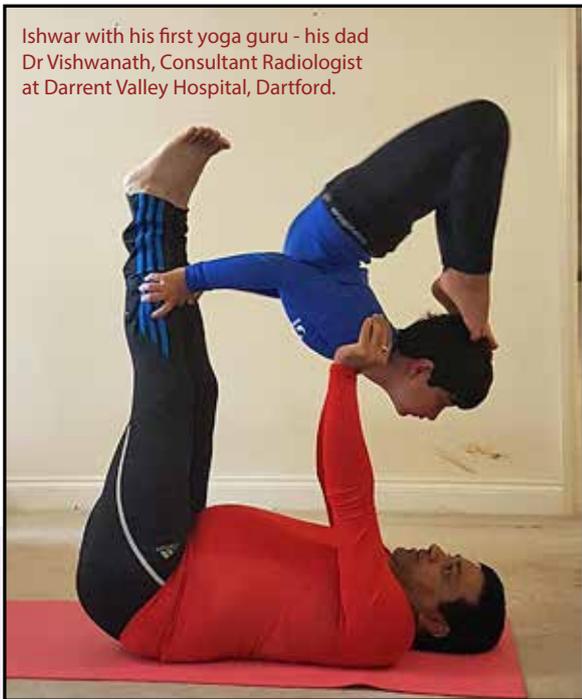
Over the past few months, Ishwar Sharma has been offering children free lessons every day to keep their minds active in lockdown. More than 40 children from all over the world join his online classes which are filmed from his home in Halstead. He is also conducting advanced yoga classes on Saturday and yoga for special needs children on Sunday. He has also appeared on BBC, ITV, Discovery Education Series and in other national and international media promoting yoga.

Despite the many awards and the widespread attention he has received, Ishwar is modest and engaging; he is also remarkably well-spoken and thoughtful for his age.

Ishwar's favorite yoga positions, several of which he demonstrated for on the floor of his family's living room, are, he told us, either the Vrishikasana or gandabherundasana. He began learning yoga at the age of three, from his father, and when asked how he became interested in yoga in the beginning, he simply answered "Just watching dad doing it was interesting enough for me."

While much of his instruction still comes from his father, Ishwar is self-motivated, practicing and teaching himself in his spare time.

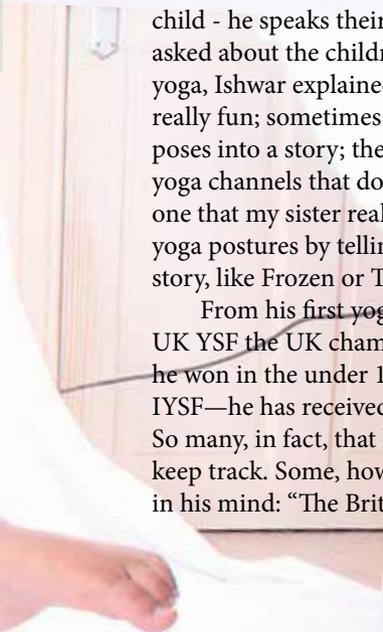
About his routine: "If I'm too busy I'll just do Sirsana—because that's the King of Asanas— and when I have the time I'll do some proper stretches. I normally start with a warmup that consists of many exercises including Himalayan pressups, pushups, and then I will do a warrior dance, different variations of warrior and then I will go to whatever comes to mind." After which he works on the pose he is currently keen to master—the handstand. "Mainly I want to learn to do handstands, because that will allow me to go to a whole new level of yoga, as in handstands there's loads of different postures, and then I could go on to do one-handed handstands."



Ishwar with his first yoga guru - his dad Dr Vishwanath, Consultant Radiologist at Darrent Valley Hospital, Dartford.



facebook.com/official.yogamag



facebook.com/official.yogamag

Ishwar taught his first proper one-on-one yoga class about a year ago, to one of the children from the activity club his father was running. Then, during the lockdown he really came into his own, teaching children via Zoom classes, which have been extremely well-received. And it's so wonder: the reason kids are enjoying it so much is because it's for a child by a child - he speaks their language. When asked about the children's reactions to yoga, Ishwar explained "They find it really fun; sometimes I turn the yoga poses into a story; there are lots of yoga channels that do that. There is one that my sister really likes, it teaches yoga postures by telling a popular story, like Frozen or Trolls."

From his first yoga award—the UK YSF the UK championships, which he won in the under 11 categories IYSF—he has received countless more. So many, in fact, that he finds it hard to keep track. Some, however, stand out in his mind: "The British Citizen Youth

Award, that was gifted in parliament, about two years ago. Actually, that's given me a title in front of my name, so I'm BCYA master Ishwar Sharma, and Master came from my Global Child Prodigy Award!"

Ishwar's love for yoga is deep and sincere, and when asked about what his future might hold, he answers honestly, "I really don't know; I'm not going to become a professional yoga teacher, though I do want to be qualified. I won't be doing that all time time. I'll always be doing yoga, but I won't be doing it as a profession."

When asked what he would say if he could give a message to all the children in the world, he said "Probably just to be happy and do whatever you're passionate about."

On what he thinks are the benefits of doing yoga, Ishwar had a lot more to say, again showing a wisdom beyond his years.

“Yoga makes you more flexible, first of all, and it calms you down when you’re doing it, so sometimes if I’m feeling a bit stressed I like to go to a quiet open space, or if I’m at home I just go into my bedroom, and I do some yoga, just some prayanam, some easy meditation. And then I try and focus on the move I really want to master and it takes my mind off it. I feel yoga can help with immunity, physical and mental health and possibly help us climb out of this coronavirus crisis.”

Ishwar Sharma has won many awards, just some of which include:

- Gold Medal at World Yoga Festival in July 2017
- UK Talented Kid of the Year Award awarded by United Kingdom Telugu Association 2017
- Om Yoga Magazine described as WONDER BOY in 2017
- Under 11 UK Yoga Championships for 3 consecutive years (2016-2018)
- World Games 2017, Dasharatha Stadium, Kathmandu, Nepal, won gold medals in both individual yoga sub- junior under 8 yrs. category and open group artistic yoga along with his father Dr. Vishwanath
- World Yoga Championships in Nepal in 2017 in Canada in 2018 and in Bulgaria in 2019
- British Citizen Youth Award, October 2018
- British Indian Award in the category “Young Achiever of the Year” 2018
- Euro Asian championship in Turkey in 2018
- Gold Medal at Tunbridge Wells Arts Festival, The Game Concert, March 2019
- European championship in Bordeaux in 2019
- Udha International Yoga Championship winner in 2020
- “My Life My Yoga” Global contest promoted by PM Sri. Narendra Modi & Ayush Ministry winner in Male Yoga Youth June 2020
- Global Child Prodigy Award, on January 2020
- Yarnold’s Cup for achievement in Extracurricular activities by St Michaels Preparatory School

Ishwar has also won a sports scholarship at Whitgift school, Croydon. This is the first time that any child has been awarded a scholarship based on yoga as their sports.

More at his website: www.iyogasolutions.com