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Yoga enthusiasts
chant for peace
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SOUTH CHINA MORNING POST

FRIDAY, SEPTEMBER 21, 2007

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Hong Kong's yogis join the international chant for peace

Never underestimate the power of meditation. A local group of yoga enthusiasts will be chanting for peace tomorrow as part of the global yoga event, "Mala around the world".

Organised by Pure Yoga, Bobsy of Life Café and practitioner Tiana Harilela, they'll be marking the autumn equinox and the UN's International Day of Peace with sun salutations and 108 chants. Then after the ascetic stuff, they'll also have a bit of fun with music and dancing.

"A mala is a string of beads, like a rosary, that monks use to recite their mantras," Harilela (pictured) explained.

"So, a mala around the world is our analogy of asking the UN to order a



global ceasefire. This event is phenomenally huge in Los Angeles but it will be all over the world - kind of like Live Earth but with yogi."

They'll start at 7pm at Pure Yoga's Centrium studio and Harilela stresses that you don't have to be an expert to join in. "Non-yogis can come too, even if you've never done yoga or if you're pregnant. Everyone can participate."

There is a minimum donation of HK\$108 with all funds after costs going to four charities: Trees for the Future (an environmental group), War Child (benefiting refugee kids), YouthAIDS (HIV awareness) and RED and The Global Fund (for African Aids victims).