



Fitness with Charlotte de Rivaz
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 FABULOUS**

As another year draws to a close, *Grazia's* Charlie de Rivaz reflects on some of her yoga highlights from the past 12 months and looks forward to a productive 2017

DECEMBER IS HERE AND IT'S HARD TO BELIEVE I'VE BEEN in Qatar for over a year now. In November 2015, I came to Doha for *Grazia's* first birthday celebration and we're all thrilled that, just one year later, *Grazia* held its inaugural Style Awards, hosted by our very own Bianca Brigitte Bonomi and Alice Temperley.

The awards got me thinking about how far the fashion scene has evolved over the last year, but also how quickly other things have evolved, too. The yoga scene, in particular, has transformed. When I arrived last year, there were far fewer teachers and only one dedicated yoga studio offering classes to the public. It was a real joy to start the Charlie de Rivaz Beach Yoga sessions and begin to share yoga movements and philosophies with more and more people. One of the highlights of my teaching career was February's *Grazia X* adidas – the largest yoga event in Qatar's history – which saw over 400 women come together to practice yoga on the beach at the InterContinental Doha.

Now, it's my great pleasure to announce that Niya Yoga, the yoga studio and holistic healing centre that I manage, is ready to open its doors to the public. It's been a real journey to get to this point and I've loved being able to work with renowned wellness entrepreneur Jawaher Al Fardan on this project. As an advanced yoga teacher, Joujou's intention



The yoga scene in Qatar now includes more teachers, studios, and students

was to create a peaceful community space where yogis and newbies alike can come to connect with themselves and each other in a deeper, more meaningful way. To realise this vision, we have built our beautiful studio with two large, bright rooms overlooking the water; a small room for private classes and holistic therapies; a library; a retail area where students can purchase books and yogi trinkets; a tea station; and an outdoor hammock for enjoying the Doha winter sunshine. Bliss!

Each day, we offer different classes to suit all levels of

experience. For those looking to build strength, head to ashtanga, power yoga or vinyasa flow. To relax and de-stress, try yin yoga, our slow flows, Tibetan singing bowls or meditation classes. There are daily women-only classes and a whole host of events planned, including retreats, training courses, wellness weekends and workshops with international teachers.

I can't wait to share all of this with you over the coming few months! 🙏

Niya Yoga is located in Qanat Quartier, The Pearl

<<YOGA IN DOHA HAS REALLY TRANSFORMED. IT'S SO POSITIVE TO BE PART OF THAT >>