

URBAN

Dania Stavrou meets up with urban yoga guru, Chris James

YOGA

Wow what a looker. It did take me a while to get my head around the fact that I would be having a one to one session with the Urban Yoga guru, Chris James. It took me by surprise when the girls said, 'Right, see you later and enjoy the one to one with Chris! Enjoy the experience'. I think my heart must have skipped a beat especially as I wasn't quite sure what sort of yoga I was up against. For all I was concerned I could have been entering a tantric yoga session.

Anyway, joking aside, Chris was lovely. He definitely had a beautiful calm aura about him. I did tell him I was familiar with yoga practice (which is why I was there) so we had quite a banter about the various styles of yoga. His 12 Day Urban Yoga Detox is actually all based on Kriya Yoga, a bit new to me, I must say. On our consultation Chris asked about any related injuries that I

have. Sciatica is my weak spot (lower back, shooting pain down the leg symptoms) and he was quick to understand the anatomy. For me the secret of any teacher is to have a large understanding of the anatomy. It's not just the surface symptoms and treatment that interests me, it's about getting to the root of

any problem. Even though I am a qualified teacher we all need to come in contact with other teachers and feed off each other. Yoga has helped me keep my injury at bay, but it is good when someone comes along and gives you useful tips.

He worked on my sacrum area and showed me a couple of postures (asana in

yoga) to do. The guy really knows his stuff.

The detox program which he is promoting is a completely new product that he has designed himself to dovetail with a professional working life. Combining detox with yoga is interesting, as I am very much of the view that mind body and spirit all go hand in hand. I was really taken by his skills, knowledge, sensitivity and calmness.

His 12 Day Urban Detox includes colonic irrigation which he recommends as absolutely safe. I have always had a wary feel about colonics but Chris told me the body is supported well by Food State Supplements during his programme, so the colonics do not empty all the good stuff out, which is what can otherwise happen. Chris told me he has been taking colonics for years now and it has never done him any harm, and by the look of him, it's done him a lot of good! I suddenly felt the urgent need to get into this new way of detox, as I have also heard it is a nice sensation!

So, there we are. I have decided to give his

THE CHRIS JAMES DETOX FOLLOWS THE PRINCIPLES OF KRIYA YOGA IT IS A COMPLETE SYSTEMS OVERHAUL WHICH MAKES THE DETOXER THINK AND FEEL DIFFERENTLY ABOUT THEIR RELATIONSHIP WITH FOOD AND DRINK, THEIR MIND AND THEIR BODY

12 Day Detox a go! I will be a new woman in a couple of weeks and feel like a million dollars I'm sure. I will keep you posted!

By the way, I wonder if everyone notices how amazing Chris's skin is!

* For more information on **Chris James**, please visit www.chrisjamesyoga.com



The Chris James Detox Plan can help you:

- * Drop a size and shed your spare tyre
- * Eradicate toxins
- * Experience glowing skin and sparkling eyes
- * Increase energy levels by over 75%
- * It is ideal for those who over eat and under-exercise, feel sluggish, bloated, and overweight as well as people who always seem to be 'catching' colds because their immune systems need boosting

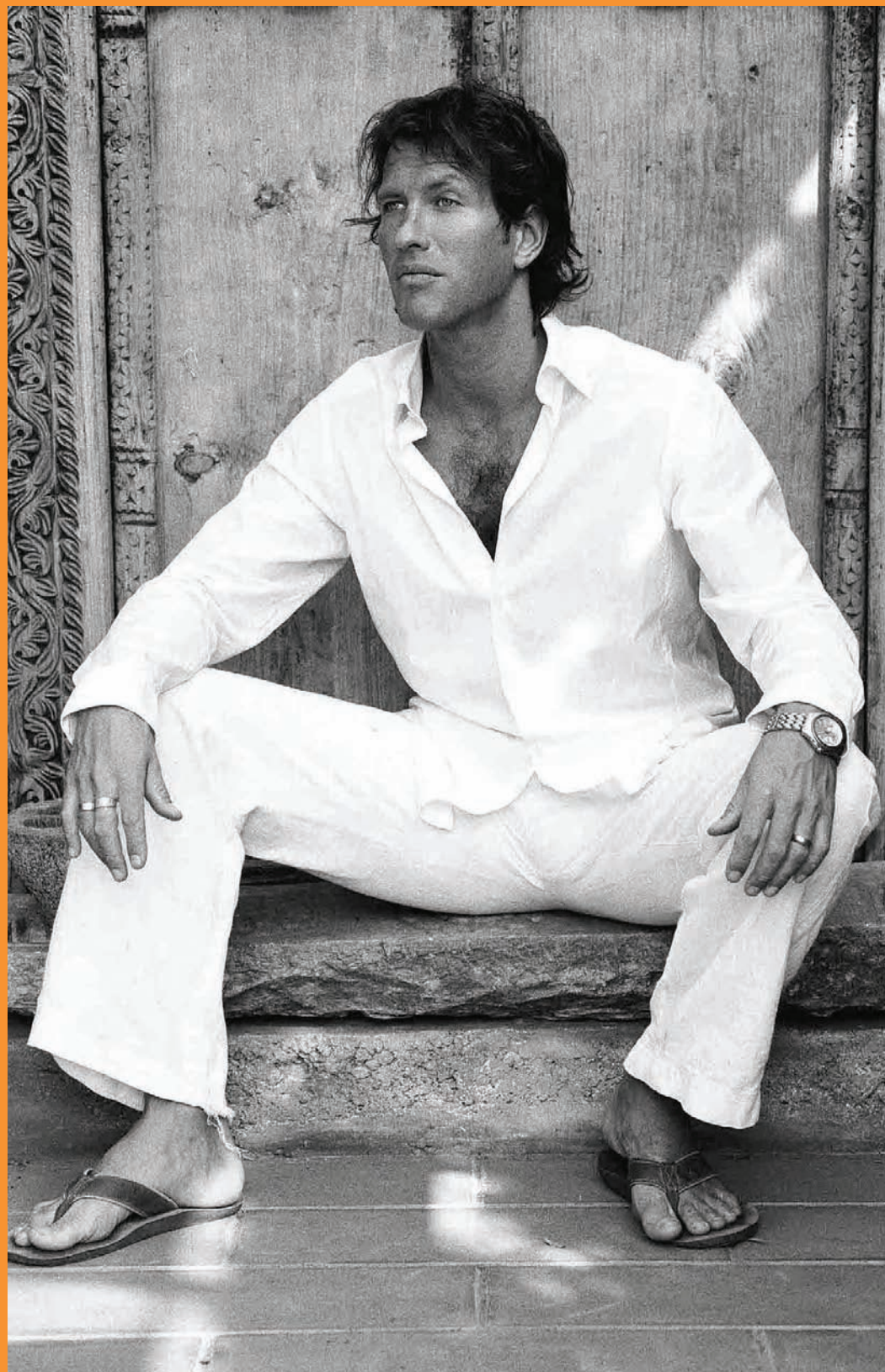
**DETOX
SPECIAL -
ARE YOU
THE LUCKY
ONE?**

**WRITE IN
AND TELL
CHRIS
WHY YOU
DESERVE A
DETOX**

Research shows that March is the month we ladies start worrying about fitting into our bikinis and think about dieting for summer.



Lifescape is looking for a reader who would like to try out this life-changing, weight shifting, Chris James Urban Detox programme. You will need to detail your 12-day detox with the help of Chris James's one-one support! For your chance to take part, simply email: chrisjames@chrisjamesyoga.com PLEASE STATE CLEARLY WHY YOU DESERVE A DETOX



Chris James Urban Yoga Detox

If heading to a retreat doesn't appeal to you, or you would rather save your holiday allowance for a more exotic break then another alternative is to undergo a home detox programme. The benefit of this is being able to maintain your usual routine and not having to leave your loved ones (although for some people this may be exactly what is needed!).

The Chris James 12 Day Urban Detox (www.chrisjamesyoga.com) is a complete program of blood and tissue detoxification that combines the benefits of nutritional guidance, a fibrous intestinal cleanser, Food State nutritional supplements and bowel support. Together these work to rejuvenate each and every organ, gland and tissue in the body, right down to the very last cell. Prepare to be amazed by the results! As part of his 12 Day Urban Yoga Detox, Chris James supplies all the supplements with an invaluable guide to their purpose and a suggested eating plan. Private yoga lessons are at an additional cost, but are well worth it given Chris' reputation in the yoga world and his extensive nutritional knowledge

As such, it is a complete systems overhaul which makes the Detoxer think and feel differently about their relationship with food and drink, their mind and their body. This is why the Chris James Detox is also known as the Total mind and Body Transformation plan. Chris says: "If someone had told me all of those years ago, when I was fasting, detoxing, and practicing Yoga in India, that my Detox, which is the culmination of all of my experiences would help so many people all over the world achieve and maintain a healthier and more conscious lifestyle, I would not have believed them!"

Jo Orr's Diary

Lifescape reader, Jo Orr, embraced the Chris James 12 Day Urban Yoga Detox as part of a special Lifescape offer, and here are some extracts from her diary.

Day One

Feeling a little apprehensive, but I KNOW I am going to feel great once I've completed it! I'm feeling bloated, and keen to start now. Managed to drink almost 3 litres of water today, and have

taken my supplements

Day Two

Taken all the supplements. The apple cider vinegar is lovely as a dressing with the olive oil. Exercise has been a problem as I did my back in again at the weekend but the Chiropractor has now put it right.

Day Three

Am loving eating lots of salads, and not missing dairy or bread. Have already noticed a difference in my complexion. My skin is glowing – I've colour in my cheeks (for once) and no oily patches on my face. Have booked three colonic hydrotherapy sessions for next week.

Day Four

Had a couple of bananas for breakfast as I'm off to London to go for a flotation session. Was fantastic – went to sleep in there – the Epsom salts are apparently good in aiding a detox. Started the Cyto-Biotic and Psyllium Husk powders today, not sure about the Psyllium – made me gag, but managed to get it down! Am eating only salads/veg for my meals, and snacking on sunflower & pumpkin seeds and walnuts. Not feeling hungry at all or wanting to snack on chocolate like I usually do..

Day Five

Weighed myself today –and have dropped five and a half pounds already! Am sticking to eating salads and snacking on the mejdool dates and figs (they are lovely!) Borrowed a juicer from a friend and tried celery and carrot juice.

Day Six

Am feeling good, certainly have more energy, and am making sure I get enough sleep. Waking up feeling ready to go (and that's quite unusual as I'm NOT a morning person!). I am definitely eating less than I do normally, and haven't felt hungry at all. I have missed not having fizzy drinks, but am determined to complete the detox properly!

Day Seven

Went for my first Colonic Hydrotherapy session this evening – to say I was

apprehensive was an understatement! The practitioner put me at ease straightaway and explained the whole procedure... I now know there was nothing to worry about – the whole procedure took around 45 mins. Pauline delighted in telling me (and showing) me that the irrigation had shifted some very old matter and colon plaque. I never thought I would laugh so much!

Day Eight

Taken all supplements, been drinking lots of water... am making sure that I've been taking it easy. Another day of broth and my appetite has virtually disappeared. Another colonic irrigation session this evening, using herbs this time.

Day Nine

Last day of the 'Power Phase' – so have taken all supplements. Have just been drinking water (lots of) and a bowl of broth for lunch and dinner. The last of the Colonic Irrigation sessions tonight. My complexion is amazing. I don't think I've ever had so much colour in my cheeks!

Days Ten to Twelve

Had a small bowl of strawberries this morning – great! Had to eat them slowly, as I've still got a very small appetite. Also having some yoghurt with local honey too as recommended.

The Results!

After Day 12, I have weighed myself and in total I have lost 9lbs. This is totally amazing! I have more energy and do not feel sluggish when I wake up.

SPECIAL OFFER

Chris James is offering Lifescape readers 25% off the 12 Day Urban Yoga Detox. Promo code: ST78 – 25% off Chris James Detox for two weeks. One per customer. www.chrisjamesyoga.com