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GRATITUDE PEACE LIGHT

Lena Linh Franklin

**ANCIENT HEALING
& QUANTUM
SCIENCE**

The Power of
THE PAUSE

*Yoga &
Dance*

**YOGA &
PSYCHOSIS**

*What Death
Teaches us*
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CONTENTS

ON THE COVER



On the cover

Lena Linh Franklin

Global Medicine Woman, Transpersonal Psychotherapist & Founder of LF Global

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PRACTICE

30 MANAGING ANGER AND HYPERACTIVITY

Explores anger's impact on prana, ageing and health, linking hyperactivity to weakened chakras, and offering Ayurvedic remedies and yogic kriyas for balance.

26 CAN SPIRITUAL COACHING ENHANCE YOGA PRACTICE?

Explores how Spiritual Coaching deepens yoga beyond asana, integrating energy awareness, mindset shifts and purpose to support emotional, psychological and spiritual growth.

52 THE POWER OF THE PAUSE: 90 SECONDS TO CALM, RESET, AND RECONNECT

A simple 90-second pause practice helps regulate the nervous system, offering clarity, calm, and conscious choice in everyday moments.

86 YOGA FOR AN ANXIOUS MIND

Yoga offers a compassionate, layered approach to anxiety, using movement, breath, and connection to build resilience, self-regulation, and emotional balance over time



PHILOSOPHY

08 THE FUTURE OF HUMAN VITALITY: ANCIENT INTELLIGENCE & REGENERATIVE TECHNOLOGY

Explores the convergence of ancient healing wisdom and quantum science, emphasising the body as an energy field and advocating integrated, human-led regenerative approaches to vitality.

34 WHAT DEATH TEACHES US ABOUT LIFE: AN INITIATORY JOURNEY INTO WHOLENESS

Exploring death awareness through ritual, nature and yoga, this piece reveals how embracing mortality deepens presence, clarity and connection to life.

14 ONE ROOT, TWO EXPRESSIONS

Exploring yoga and sacred dance, this piece reveals how movement and stillness unite, guiding practitioners toward embodiment, integration, and inner awareness.

NEWS

44 HOTPOD YOGA EXPANDS TO CORNWALL

Hotpod Yoga launches its first Cornwall studio in Truro, creating an inclusive wellness hub with innovative heated pods and community-focused experiences and wellbeing.

FEATURE

20 FROM STUDIO TO SCIENCE: QUIETER – YOGA AND PSYCHOSIS

Blends personal experience and science to explore psychosis as a spectrum, showing how yoga and mindfulness support grounding, emotional regulation and metacognitive awareness.

80 THE STRENGTH IN STILLNESS

Stillness, nature, and yoga guide healing and transformation, helping women reconnect with themselves, turn wounds into wisdom, and reclaim peace in a fast-paced world.

76



SERIES

60 TKV DESIKACHAR PART 5

This piece explores Viniyoga, emphasising yoga's universal principles and the need to adapt practice to each individual for meaningful transformation.

76 THE KUNDALINI – MEMOIRS OF A YOGI (CHAPTER 41: THE LAMAS AND BREATH EXCHANGE)

Muni guides visiting lamas in breath practices, discovering that true warmth arises from blending Wfire, compassion, and shared spiritual connection.

48 ARIEL'S ADVENTURES IN THE CHINE

Ariel navigates a magical glade, solving riddles through awareness and intuition, as hidden forces test her perception, guiding her deeper into mystery and discovery.

READER'S ASHRAM

40 ASK YOGI MAHARAJ DR MALIK

98 VEDIC ASTROLOGY

WHAT'S HOT

92 NEW BOOKS, ACCESSORIES AND PRODUCTS

48



86

INTERVIEW / PROFILE

68 CHLOE WARD: THE INTUITIVE HEALER HELPING PEOPLE RETURN TO THEMSELVES

Chloe Ward shares her journey of intuitive healing, guiding others through retreats and practices that foster connection, transformation, and self-remembrance.

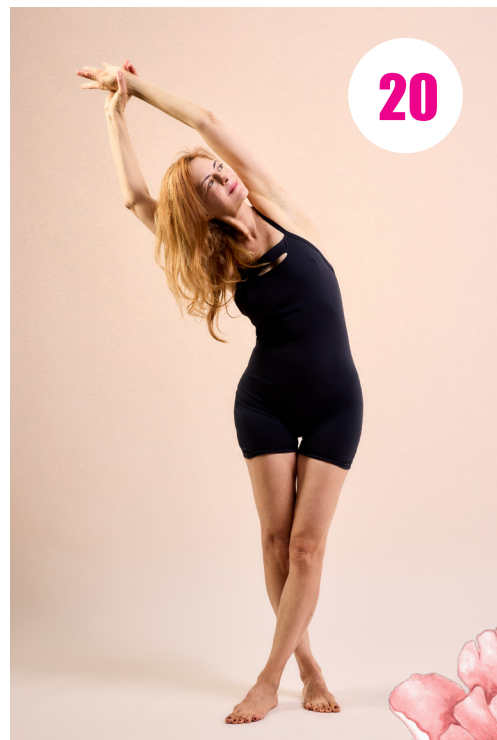
52



14



20



26



68



Meeting Chloe Ward

The intuitive healer helping people to return to themselves

Author: Nick Rice

Photographer: Kayleigh King

Through Yoga, Reiki, Shamanic Healing and global retreats, Chloe Ward has built a practice rooted in intuition, stillness and transformation.

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There are some people whose work feels less like a profession and more like a form of remembering. For Chloe Ward, that remembering began early, with an intuitive sensitivity to sounds, voices, and visions that she could not explain. Over time, through Reiki, healing, teaching, and travel, she began to understand those gifts as part of her purpose.

Today, Chloe's path has evolved into one of retreats, rituals and deep connection. Her work is rooted in the belief that healing is as much about slowing down and returning to ourselves as it is about movement, energy, and expansion.

In this conversation, she speaks candidly about the winding route that brought her here, and the powerful sense of home she found along the way.

You've said you were aware of sounds, voices, and even visions from a very young age. When did you first realise this wasn't something everyone experienced, and how has it shaped the way you move through life?

Growing up my earliest memories were that I knew I was different but it wasn't coming from a 'I am better' kind of energy, more an acceptance that things were not the same for me as for others. I didn't really ever talk to anyone about the things I could see and hear, it was just part of my life and I was OK with that. When I took my Reiki degree 1 and 2 in my late teens, that really helped me to understand this gift on a deeper level. I don't take it for granted that I can see, hear, and feel beyond this 3D world we live in, especially now I have adapted and accepted how I work with the energies, and how they work with me. In these awakening times, it's more acceptable to share these experiences and visions with like-minded souls and I'm raising my children within this energy.



Your path has taken you through Reiki, spiritual healing, psychology, fitness, Pilates, skiing and snowboarding before you found Yoga. Looking back, do you see all of those chapters as leading you here?

Every person I have met, every place I have travelled to and every moment has shaped me to be the person I am now, and even the hard times, in fact, especially the harder times, have taught me so much about myself. Reflecting on my journey from studying Criminal Psychology to now leading worldwide retreats and training courses, each part played an important role in my journey. Even spending three years in prisons as volunteer work as part of my degree.

A back injury seems to have been a real turning point for you, along with a moment when a healer told you, "You don't need me to heal you — you can heal yourself." What did that moment open up for you, and how did it change the direction of your life?

The moment I was wheeled into the Mind, Body & Spirit event over 20 years ago, changed everything. Reiki reassured me on what I had spent my childhood feeling and Spiritual Healing opened me up on a whole new level. After I met the healer that day and he told me I didn't need him to heal my back, it wasn't long before I took my 200 hour Spiritual Healer's qualification and fell in love

with healing with Chakras. Skip ahead to now, I'm accredited by the Healing Training Organisation and I'm about to launch my own 200-hour Spiritual Healing Qualification. Every experience shapes us for who we are today.

Your recent retreat in Peru sounds like a powerful experience. What did that experience open up for you personally, and what felt different about leading Yoga in that landscape?

To return to Peru after 24 years was a feeling like I had come home to my soul, and not just because it felt familiar. I felt like I was taking my retreat guests 'home' too. To connect to the Sacred Valley helped me to remember who I have been in past lives and the lands I have walked before, rituals, and ceremonies I have shared and how important it is to keep these traditions alive. Over the past 6 years I've been studying and practicing Shamanic Healing and the retreat to Peru reassured me beyond doubt that this is an important part of my Dharma and the work I'm doing. The Sacred Valley held all of us on a deep level, and Pachamama, Mother Earth, helped us all open our hearts to allow powerful healings to take place.



Retreats often create a kind of accelerated transformation. What kinds of changes do you most hope people experience when they spend time with you on retreat?

Every time I host a retreat I wish I had taken a before and after photo of the guests, as the shift in them from start to finish is sometimes unbelievable. I almost feel that my Retreats need to be renamed as 'Returns' as that is what happens... people remember who they are when they step away from what the world tells them who they should be.

My guests often share how safe they feel to be completely themselves and how there is no expectation to be a certain way. I plan every moment of the retreat with love and care, mindful of how the energy is flowing and

shaping the whole journey. This in itself is transformative and yet some of the most meaningful moments can be those unexpected chats on the way to the waterfall or a much needed hug from a new friend. It all plays a part in the retreat experience.

When people come to your retreats or classes, what are they often seeking—and what do you hope they discover that they may not have expected?

A whole new Tribe. My Dharma, my soul's purpose is 'Connection.' Many attend my retreats not really knowing what they are looking for. As the retreat unfolds they start to connect to a deeper understanding of themselves and build connections with others. My retreats host people from all over the world, and many different backgrounds and cultures. This delicious cocktail of energies creates such a magical space that people feel



safe to open up and share their stories, in turn this creates bonds between the guests, and the Tribe is born.

How has your understanding of healing evolved through Yoga?

When I began my YTT 9 years ago I was a Vinyasa, power Yoga kinda girl, and in some ways I still love a good strong practice. Yet, over the past few years in my teaching and healing clients, I see how much we all need to slow down, regulate our nervous systems, and take a step back from the Yang. Sometimes as adults, we need someone to take us by the hand and give us permission to say, 'hey you, come sit with me a while and take a breath or two.' That's when we heal, when the body drops out of the adrenal and is in the moment, in the present, in stillness. During my teaching, especially on retreats, I share a slower practice, Yin, meditations and Yoga Nidra to support and soothe tired minds and bodies.



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You have upcoming retreats on the horizon. What themes, energies, or intentions are shaping this next chapter of your offering?

Shamanic energy very much guides many retreats I host now as I've been working with the Medicine Wheel for some time, and this has a loving impact into how I work with seasonal energy. In April this year I will guide



my 'Empower' retreat—a powerful Spring energy experience, where my workshops and activities are focused on my guests remembering their purpose and passions.

Summer Solstice nature energy will be my focus for June in Scotland, embracing a playful, whimsical and abundant energy for Litha. Then at the Winter Retreat in Glastonbury I will share the guidance of the North node and the acceptance to slowing down and reflecting on the year gone by as we gently spend time in sacred sites and float in a luxury spa.

For someone who feels curious about your work but is unsure whether they are ready for a retreat, what would you want them to know?

My retreats hold no expectations or pressure, everything is optional. When you make the effort and financial commitment to book a retreat, then I want you to get as much as you can from the experience. To eat, to see, to feel, to hear all the wonders the place has to offer and also plenty of free time to rest and relax. Whether you are an expert in wellness or a complete beginner, you are welcome. Disclaimer: you may arrive alone, but I promise you by the end you will leave remembering YOU and with a few new friendly faces to call upon when you need them.



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For more information about
Chloe Ward's teachings and
retreats visit chloeward.yoga and
on Instagram [@chloeward.yoga](https://www.instagram.com/chloeward.yoga)

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Nick Rice is a versatile editor, writer, and communications consultant with an eclectic body of work that includes remote travel assignments, in-depth interviews with influential voices, and much more. A student of Yoga and meditation, he often explores wellbeing and personal growth through his writing.