

Herald Cafe



FULL-TIME WORK, PART-TIME STUDY



THE INTUITIVE ARTIST

SWEAT, STRETCH, SMILE

Pilates, Animal Flow and Aerial Yoga are among the new-age fitness routines that are catching on in popularity in Goa. Discipline and diet are the key to get the right results

Ajit John ajit@herald-goa.com



PHYSIQUE TRANSFORMATION

Helna Apte is a nutritionist and physique transformation coach. Helna said, "People come to me with all kinds of requests. Some want a six pack, others want to work on their legs or their shoulders. But you cannot gain a six pack by just working out, you have to be on a certain diet. Nutrition is very important."

People who are very lean come to me saying they want to bulk up. That requires a certain kind of diet. It also requires a lot of discipline. It is very hard work."

Women, she said, wanted to tone up and many women had problems like diabetes which they needed to manage. She helped them lose weight while men wanted to build muscles. The number she said was increasing every year and now she had around 45-50 clients every month either online or in a personal training session.



ANIMAL FLOW

One of the more interesting trends in Goa is the growing popularity of Animal Flow. It is a quadruped movement training which improves one's mobility, strength and coordination. It is a ground-based movement and there are travelling forms and postures which mimic animal movement. For anyone who practices Animal Flow, they will see improvement in their joint mobility, push based strength, and coordination as it is very Dynamic and primal.

Princy Mehta is the first certified animal

flow instructor in the State. She was certified in 2019. She said over a period of time the message of animal flow is picking up in Goa and there are now over 100 people who would join her every Saturday at the Miramar beach.

Numbers she said were on the rise and this community was made up of all Goans only. It was done on the sand because it gives resistance and it is really great on the joints. The session would last an hour and the person would not have to bring anything extra like a mat or shoes.

AERIAL YOGA

A trend that has caught on in the State and is growing in popularity is Aerial Yoga. It is a form of yoga that utilizes a hammock or sling suspended from the ceiling to perform traditional yoga poses, Pilates, and dance movements, enhancing flexibility, strength, and a sense of weightlessness. Vera Aavikko, a Finnish national based in Goa for several years, is an exponent of aerial yoga. Her interest in yoga started in Finland and then went up a notch when she shifted to Goa. She did her training course during Covid in Goa and over a period of time things fell into place and she started teaching. Veera said, "The interest and the understanding is increasing. Earlier, awareness spread through word of mouth but now people are aware and search online and come over."

People know that it exists. I don't use the word yoga. Many of the poses are from yoga. We also have circus moves and acrobatic moves. We are about mobility, stretching and strength." With the exception of Friday, classes are conducted for an hour every day. On weekends, however, it will last an hour and a half. The classes were usually mixed with both sexes. She said majority of her students were women. Her youngest student was a 7 year old and the oldest was 50 years old. She said we wanted people to get inspired and not compare and get competitive. Veera said that there was a maximum of ten people who did aerial yoga in Goa.



PILATES

Anisha Singh who runs Pilates studios in the State said it was getting popular due to the participation of celebrities. It was popular in metro cities in Goa. She started in 2018 when very few people knew about it in Goa. Anisha said, "I had to explain it then but now it is different. They know about it. The foreigners who come to us used to do it in their country. They come here to continue their fitness routine. Pilates is great for strength and general fitness. We have locals and settlers who come to us. In our studio in Taleigao locals are present, in Parra it is all foreigners and in Kadamba it is a mixed crowd." Her youngest student is 17 years old and her oldest is 88. It is a full body workout over 55 minutes. She said one sweats and cleans out the system. It was intense and impactful and was ideal for the busy corporate executive.

MIXED MARTIAL ARTS

Suresh Madkodi offers mixed martial arts which is growing popular in Goa and the rest of the country. Suresh said, "Some people don't want to go to the gym to work out. They prefer activities like kickboxing. Then there are those who are overweight and they do these activities to lose fat." When asked who came for his classes, he said there were a lot of advocates, doctors and other professionals. He has been conducting these classes for over 15 years in Panjim. He said some people wanted to get fit and they would be offered cross fit training and others wanted to get strong and kickboxing would be offered. Suresh said they had around 30 students in every batch and the numbers were increasing



continuously. Each session was an hour long and was conducted with great enthusiasm.

When it comes to fitness, innovation is the name of the game and people not only want to get the best results but also want to enjoy the process.



SWIPE RIGHT

Big B is one of the highest taxpayers in Bollywood



Superstar **Amitabh Bachchan** has amassed an impressive income of Rs 350 crore for the financial year 2024-25, resulting in a tax liability of Rs 120 crore. Bachchan's income stream encompasses a wide array of work, including endorsement deals, various film projects as well as his earnings from the ongoing quiz show, Kaun Banega Crorepati. Currently, he is hosting KBC 16, which airs on Sony TV every weekday. His last on-screen appearance was in the Tamil film 'Vettaivan', where he shared the screen with Rajinikanth. The film premiered in October last year.

Tamannaah Bhatia in Jagan Shakti's next film



Ajay Devgn is teaming up with 'Mission Mangal' director **Jagan Shakti** for one of its kind jungle-adventure tentatively titled 'Ranger'. Jagan Shakti has roped in **Tamannaah Bhatia** to play the female lead in 'Ranger'. According to sources close to the development, Tamannaah Bhatia is all set to join **Ajay Devgn** and **Sanjay Dutt** on 'Ranger' from the first week of April. "She is excited to embark on this journey with the team of 'Ranger'. It's a well-crafted role, with an arc of redemption. She has allotted bulk dates to the team and has already started work for the film on the personal fronts. Tamannaah has also undergone multiple script reading sessions with Jagan Shakti," revealed a source.



Bhumi Pednekar has a fan moment with Jennifer Garner on her recent visit to Los Angeles.

A clarion call for introspection

Pio Esteves

Tiatr: 'Oh Goa'

Writer/Director: Tomazinho Cardozo

Institution: Kala Mogi, Candolim

Cast: Irene Cardozo, Violet D'Souza, Anthony Cardozo, Simonia Cardozo, Shawn Lima, Assis Cardozo, Shivanand Naik, Christopher Menezes, Flora Pereira, Aayan Naik, Valentina Sequeira, Francis Pereira

Band: Nolvert Cota (first trumpet), Senon de Souza (second trumpet), Semy Braganza (trombone), Johnny Araujo (keyboards), Beny Cardozo (bass), Xavier Fernandes (drums)

Stage Sets/Lights: Antonio Fernandes, Vaibhav Naik

Makeup/Costumes: Eknath Naik, Irene Cardozo

The entire presentation revolves around three households, namely migrant Chandrika (Irene Cardozo) and her daughter Laxmi (Violet D'Souza), migrants Bit'tu (Christopher Menezes) and Maria (Flora Pereira) and a Goan origin, Jerome (Anthony Cardozo) and his two children, Andria

(Simonia Cardozo) and Glen (Shawn Lima).

With the blessings of local MLA, Melwin Faria (Assis Cardozo), Chandrika is residing in a makeshift residence on the 'communitarian' land and she has plans to get her relatives to Goa shortly. Bit'tu, a Muslim vendor, is running a small 'gaddo' of tender coconuts. Jerome's daughter is already in the UK and while his son is still studying, he is also planning to re-unite with his daughter.

With the help of MLA, Chandrika seeks employment for her college-going daughter. A womanizer that he is, Melwin suggests that Laxmi could pursue her studies in the morning and simultaneously assist him in the office in the evening.

Bit'tu knows tricks of the trade and for quick sale of his tender coconuts, he comes with offers to his buyer Maria (Flora Pereira). It is also a decent way of luring his regular customers.

Initially, Jerome is reluctant to leave his dwelling, sell off a farmhouse and a neighbouring hill he owns and fly to the UK. He encounters Professor Newton (Shivanand Naik), who convinces him not to take foolish and unwise decisions in haste.

As all the migrants settled in Goa are



vote banks of the MLAs, Melwin assists Laxmi to find employment. Bit'tu traps his routine customer Maria and as they settle as a couple, the former's business extends from a simple 'gaddo' to a massage parlour and finally a supermarket.

On return from the UK, Andria seeks help from professor Newton to settle everything regarding house and property, but he declines. Instead, he convinces her about the dire consequences. Finally, the deal is

life and family of Chandrika and Jerome is worth the watch during the second half of the drama.

Tiatr 'Oh Goa' throws light on the present scenario in Goa and what is expected next in Goa by 2040. The scary picture about Goans losing their true identity and 'Goykarponni' is brought to light and a clarion call is made to all Goans (residents of Goa and those settled abroad), before it is too late.

There's good casting regarding artists and characters on stage. Irene stands out as a migrant with a typical accent, while Anthony, Simonia and Shawn dole out true 'Goanese' by their acts. Assis is projected as a corrupt politician,

while Shivanand fights to preserve Goan identity. Valentine is good as a real estate developer from Delhi. Child artiste Aayan Naik is confident in dialogues and body language.

Christopher and Flora carry a considerable dose of laughter pills and they both entertain the audience with their comic acts.

In the section of songs, the opening choral 'Tiatr Spordhechi Golden Jubilee' rendered by 8 singers was appealing. With the exception of one rendition, rest of the songs, in all the categories, were rendered with confidence and gusto.

The stage sets by Antonio Fernandes deserve a mention, but the light effects could have been improved. The background music by Sunny Rawool was satisfactory.

KA's 50th 'A' Group Competition 2024-25 'Oh Goa'

made with a Delhi real estate developer Nidhi Agarwal (Valentina Sequeira).

As Chandrika's relatives arrive in Goa, Jerome along with his son and daughter step out of their house with their luggage to fly to the UK. What follows next in the

