

7 minutes with...



Vivid Riley
Studio: Private Yoga Instructor, co-founder of OmAge Yoga.
Style of yoga: Love to mix Vinyasa Flow, Hatha Yoga and Yin Yoga in my classes. Currently curious about Kundalini.



Where are you from? Shanghai, China.

How long have you been in the UAE and what brought you here? I have lived in the United Arab Emirates for 8 years, first 5 years spent in Dubai, now call Abu Dhabi home for the past 3 years. Husband being a hotelier, living and moving from country to country has been our life for the past 25 years.

How long have you been practicing yoga and what do you love most about it? I have been practicing yoga for 8 years. For me, yoga is like a treasure box – I was fortunate to find it – and I want to keep it forever. Yoga has changed many dimensions of my life and the most amazing part is that my lifestyle just gets simpler.

What is your favourite weekend breakfast/cuisine/dish? I am addicted to Banana, Avocado and Almond Milk Smoothies.

What is your motto? “Live simply, love generously, care deeply and speak kindly.”

Where will you be going on your next holiday? Egypt, so much history to explore in this region, after reading Wilbur Smith’s *River God*, I am so looking forward to taking the Nile cruise!

What is your favourite indulgence and why? Red Bean Popsicles, my treat growing up in China. Back then, 5 cents per stick was all my pocket money. Today, my parents fill the freezer with them every time I visit.

How do you like to relax at the end of a busy day? Always look forward to my husband’s delicious cooking, enjoying dinners outdoors together on our balcony overlooking the beautiful Saadiyat beach.

Do you have any daily yogic rituals? I try to practice my Primary Series everyday from 6.30 am, with 10 minutes meditation and pranayama on both ends. If short of time, I’ll squeeze in 5 sets of Surya Namaskara A (Sun Salutation A) and 5 sets of Surya Namaskara B (Sun Salutation B) to start the day before my first class at 8.30am.

What is your favourite yoga pose and why? My favourite yoga pose is Virabhadrasana II – Warrior II Pose. For me, it represents balance, harmony, strength and fearlessness in a quiet way – traits that I’d very much like people to use to describe me one day.

What song/album are you enjoying at the moment? Jack Johnson’s *From Here to Now to You*, favorite song *Radiate*:
Follow your hands as they build as they shape,
As they follow your mind and rise like a wave
Take it and you radiate
Gonna watch you radiate, radiate.

What has been your favourite moment of 2014? What will you remember most about the year? Celebrated our Silver Wedding Anniversary; completed my 200 hour Teacher Training with Michel Besnard in Koh Samui, Thailand; celebrated 100 teaching hours with a beach party with my students; and, last but not least, launched OmAge Yoga with my teacher and dear friend Debbie. ✨