

Yoga teacher is poised to help

by Emma Gill

A WOMAN is planning to use her talents as a yoga teacher to help raise money for the hospital unit which treated her father.

Sadhana Ali's father Moboshir has suffered from chronic renal failure since the age of 14 and last November needed emergency kidney dialysis due to a heart procedure that caused an infection to his kidneys.

Thanks to the care and support of both the heart and renal teams at Hope Hospital, the 65-year-old pulled through and was able to return home.

Now Sadhana is planning her own thank you to the hospital by holding a day of sponsored yoga to raise cash for the unit.

The 33-year-old, who runs yoga and pilates classes in Eccles, Monton and Salford, said: "It was thanks to the support of both the heart and the renal team at Hope Hospital that my dad managed to pull through and came home on Christmas Eve 2006 with an improved quality of life. Despite my dad having all these problems, and despite suffering four heart attacks and a heart bypass over the last few years, he is still a very active member of the community.

"He has been an active volunteer at the Eccles Mosque on Trafford Road over the last few years, looking after all the financial aspects of the charity, as well as being in charge of fundraising and the charity work the mosque carries out.

"His passion for life and his sense of selflessness has been an inspiration to me throughout my life. Combined with my yoga it is this wonderful energy and consideration for other people that I wish to share with the local community as part of



YOGA teacher Sadhana Ali is planning a yoga open day for Hope Hospital's renal unit where her father Moboshir was treated

the sponsored yoga day."

Moboshir recently had to return to Hope and was told his heart and kidneys are deteriorating rapidly. He will soon need regular dialysis but doctors are unable to treat his heart effectively due to the risk of causing further damage to the kidneys.

The ongoing care Moboshir will need means the Ali family are more determined

than ever to offer support to the unit where this will be provided.

The sponsored yoga day is taking place from 10am on Saturday, December 1 at Monton Memorial Hall, Monton Green.

Volunteers are also needed to help with refreshments on the day.

For more details or sponsorship forms visit: www.sadhanayoga.co.uk or email: Sadhana@sadhanayoga.co.uk.