

# Bending over to help raise funds

A YOGA teacher from Eccles raised £1,400 through a yogathon.

Sadhana Ali, 35, hosted a charity yoga day last month in aid of Ménière's Society as her mother Khayrun suffers from the disease.

Ménière's Disease is a long term progressive condition affecting the balance and hearing parts of the inner ear. Symptoms include acute attacks of vertigo, fluctuating tinnitus, increasing deafness, and a feeling of pressure in the ear.

Khayrun, 60, was diagnosed with the disease 15 years ago.

Sadhana, who has supported Salford Royal Hospital's Renal Unit and the British Heart Foundation during previous yogathons, said: "The annual charity yoga days are a huge success and I am always overwhelmed at the response from the local community.

"It's a way to show that anyone can take part in some form of karma yoga - a way of helping others with no expectation of reward.

"Yoga is much more than the physical body, it

BY KATE WATKINS

is about kindness and compassion and helping each other out.

"Despite my mum having this condition for over 15 years, she is a real inspiration to me, a very strong and determined woman whose passion for life and sincerity has helped me in my life.

"Although at times she can faint due to the attacks and may have to remain bed bound for several days at a time, this has not stopped her enjoying life.

"She is still a regular attendee of my yoga classes."

Sadhana Yoga and Pilates, based at Monton Memorial Hall, Monton Green, is now in its fourth year, and provides classes of all levels for everybody.

Sadhana added: "I hope to do an annual Charity Yoga Day for the rest of my Yogic life - even when I can no longer touch my toes."

● For more information visit: [www.sadhanayoga.co.uk](http://www.sadhanayoga.co.uk)



SADHANA Ali, left, and her mother Khayrun Ali