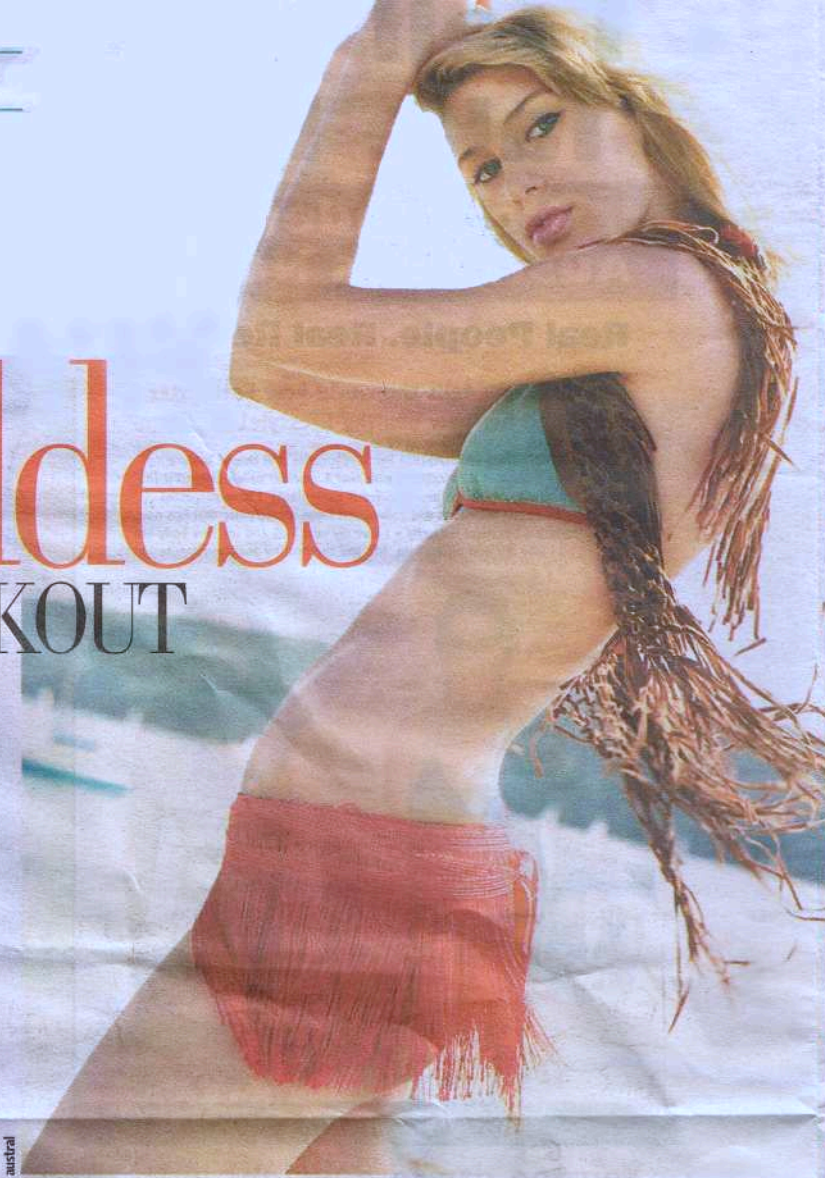


THE goddess WORKOUT

HARNESS YOUR INNER GODDESS TO ACCESS THE PERFECT WORKOUT FOR YOU. BY TARA DEAN.



Lisa Marie Presley doesn't do yoga – she prefers to get her exercise by biting the hell out of her fingernails. But according to Anita Ryan, from www.goddess.com.au, Presley would find a whole new world of soul-satisfying fitness if she were to take heed of her goddess birth sign.

"Lisa Marie was born under the sign of Hathor, mother of gypsies and patron of dancers," says Ryan, who devised the Goddess Fitness Plan. "Hathor is wild and free and able to flaunt traditional rules. In

doing so she can transform herself from a woman crippled with anxiety to a wondrous being of love and light."

Because of this, Lisa Marie is best suited to more avant-garde exercise regimes and unique sports to keep her motivated.

"The answer to which exercise you are born to love is in your goddess birth sign," says Ryan. "Once you know which goddess energy resonates strongest in you, you can then enhance these strengths to achieve the ultimate balance in spiritual and physical fitness."

Goddess birth signs are similar to astrology in that they define who you are and what

your life purpose may be. "Depending on when you were born, the seasons, elements and even the time of day influence your personality and your choices in life," says Ryan.

This means that anyone born in the phase of the volcano goddess Pele, for example, will have lots of energy to burn. "Madonna is obviously a Pele girl in that she never sits still – even well into her 40s she maintains a punishing exercise regime," Ryan explains.

Everything you do, say or eat can be traced back to your goddess archetype. So empower your inner goddess with the best workout to suit you.

YOUR RULING GODDESS	AREAS OF STRENGTH	IDEAL SPORTS AND EXERCISE
athena Mar 21 - Apr 20	Born leaders, Athena women are competitive and fiery. They like to get things done with warrior-like energy.	Burn off steam with high-cardio sports such as mountain biking. Cool a fiery nature with snow sports.
juno Apr 21 - May 21	Happiest in a comfortable home, Juno women need to get off the couch and head outside.	Follow your earth element tendencies and try qigong, hiking or gardening. Rock climbing provides a challenge.
persephone May 22 - Jun 21	Persephone girls need variety. They can spend days being introspective, but make up for it with bursts of energy.	When not living in the underworld, Persephone loves coming up for air – try martial arts or trampolining.
diana Jun 22 - Jul 23	Diana rules over nature and freedom of spirit. She dislikes routine, preferring to hunt deer in the forest with her dogs.	Run through the forest leaping obstacles. Pick up Diana's bow and try archery, or her sword for a bout of fencing.
pele Jul 24 - Aug 23	Volcano goddess Pele gives her girls passionate energy. As such, they love being the life of the party.	Fiery and proud, you love to sweat it out on a tennis court or playing beach volleyball. Cool down with yoga or stretching.
hestia Aug 24 - Sep 23	Creatures of habit, Hestia girls like life to be organised. They prefer burning the home fires rather than their calories.	Structured classes such as aerobics and tai chi keep Hestia's mind happy as well as her body.
venus Sep 24 - Oct 23	Sociable and flirty, Venus appreciate divine decadence, pleasure, romance and all things beautiful.	Glamour sports such as skiing or polo are your best bet. Revel in your playful, sensual side with hot salsa.
medusa Oct 24 - Nov 22	Medusa girls are daring, strong, and patient in achieving goals. Intense energy results when things don't go their way.	Use the calming nature of swimming or yoga to soothe stresses. Free weights will help you focus on matters at hand.
rhiannon Nov 23 - Dec 21	Magical Welsh goddess of wisdom, Rhiannon gives her girls a love of adventure. They are always seeking new skills.	Hop onto Rhiannon's white mare and go horse riding. Any sports where you can see the horizon are also great.
demeter Dec 22 - Jan 20	Great mother Demeter is the champion of causes. Demeter girls stop at nothing to achieve their goals.	Concentrate on earthy pursuits to make you happy – hiking or abseiling. Know when enough is enough.
hathor Jan 21 - Feb 19	Hathor women don't like things to stay the same. They can reinvent themselves to keep their interest fresh.	Your curiosity and airy nature means you need to mix it up. You like it unique, too, so try beach volleyball or jazz ballet.
oshun Feb 20 - Mar 20	African goddess Oshun's water energies mean Oshun girls ebb and flow with interest in things, including a fitness plan.	With a water goddess as your ruler, go scuba diving, wind surfing or white-water rafting. Get grounded with Pilates.

MORE INFORMATION: www.goddess.com.au

Note: It is strongly recommended that you should consult a qualified practitioner before replacing an existing program if you have injuries or medical problems.



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