

PADDINGTON

YOGA HELPS COUPLE THRIVE

THOSE WHO PRACTISE TOGETHER, STAY TOGETHER

Rowena Smith

ONCE they would have celebrated their wedding anniversary by digging in to steak and chips washed down with a wine, but this year was different for Luca Padalini and Natasha Cuculovski.

"We recently marked our 10-year anniversary with a trip to Tropical Fruit World (in northern New South Wales) and it was incredible to try the different fruits," Ms Cuculovski said.

Life has changed quite a lot for the pair, who say they reached a quarter-life crisis and left their corporate jobs and destructive, overindulgent lifestyle for a 12-month getaway.

Their overseas escape became their very own version of *Eat, Pray, Love* when they went on a yoga retreat in Italy, lived in an Indian ashram for a few months, and eventually transformed from meat eaters, to vegetarians to vegans.

Now practising yoga every day, plus instructing two classes a week as Move Me Yoga at Paddington and Mt Gravatt, Ms Cuculovski and Mr Padalini want to share their knowledge and lifestyle with others.

They know the majority of people won't be ready, or able, to make such a 360-degree transformation

CLASSES

- Latrobe Health Centre, Paddington: Wednesdays, 9.30-11am. Cost \$18.
- St Bartholomew's Anglican Church Hall, Mt Gravatt: Mondays, 6.30-7.30pm. Cost \$10
- The Move Me Yoga blog is at movemeyoga.com.au/

as they did, but it all starts with awareness, says Ms Cuculovski.

"People have to be ready (for change). It might take 100 seeds and we might plant seed number 60 but, without that 60th seed, they would never eventually make those changes," she said.

The couple eats about 2000 calories of fruit each day and a cooked meal at night.

Mr Padalini said: "No one's ever died from a heart attack and they've cut them open and said, 'There's too much fruit in here'."

The pair said their Hatha and Vinyasa Flow yoga classes were suitable for all levels and offered a point of difference because they co-instruct.

"We've worked really hard to get to a point to where we can teach," Mr Padalini said.

"Some teachers are born into yoga (through their background), but we can relate to those



Natasha Cuculovski and Luca Padalini left their corporate lives in Melbourne to travel for a year and ended up in an ashram in India, eventually becoming yoga instructors.

corporate workers who work at desks all day."

"We know exactly what it's like to be in that body, that's why we also offer workplace yoga classes."

Ms Cuculovski said she couldn't remember the last time she had a

headache and the pair had given up their private health insurance because they no longer needed it.

When the couple shifted from Melbourne to Brisbane earlier this year, all their possessions fit into their car. They now value the sim-

ple things - connectedness to the outdoors, relationships and life.

Move Me Yoga will run a couple of yoga retreats in Bali in October and November.

Visit youtube.com/user/MoveMeYoga