

WELLBEING

A Smart Move

The flexible friend of everyone from rock stars to royals, movement mentor Ivana Daniell is an expert at helping us walk tall and stay strong. Here she shares her tips for maximum mobility



Nancy Dell'Olio has benefitted from Ivana's method. The two met when Nancy appeared on *Strictly Come Dancing* and have become great friends

With a client list that includes Sarah, Duchess of York and Nancy Dell'Olio, plus heads of state and royalty Ivana Daniell is on a mission to get people moving again. Whether it's a bad back or sore knees, a gym injury or illness that has left you in pain and unable to move unrestricted, she can help.

A trained dancer who turned to rehabilitation Pilates after injury, Ivana decided to use what she had learnt to improve the lives of others.

"I see so many people in pain, unable to even walk freely, that I have devoted my career to getting people moving and living free from pain again," she says.

To achieve this, she uses a combination of postural assessment, Gyrotonics, which uses equipment to strengthen and tone the body, and Pilates, along with the skills of experts including muscle memory technicians, massage therapists, cranial osteopaths and other instructors.

"People come to me as a last resort," she says. "They are desperate and in pain. It is my job to help rehab and repair, restore and revive their muscles... It works. I've seen bodies transformed."

Having lived through the process, Ivana understands the effect the right treatment can have. "My most famous royal client came to me virtually unable to walk yet with the help of my assessment and technique, I was able to repair decades of injury so he is pain free again," she says.

Ivana takes a holistic approach that looks at the underlying causes of muscle pain – the way you sit and stand, walk and work out. The solution is slow, steady, mindful exercise and movement that retrains your body. "People expect a stressful

workout," says Ivana. "Yet what I do is often quite gentle – I coax muscles and tendons and tissue to work properly again."

Although she generally works one-to-one, Ivana, who is also the movement and alignment consultant for Aman Resorts worldwide, for which she hosts a series of retreats every year, is writing a book and developing an app that will enable all of us to benefit from her advice in our own homes.

"With a few simple gadgets, anybody can run through a 15-minute routine that can help them at

home," she says. The regime is simple: you lie back on a hard foam roller, aligning it down the length of your spine, then do a series of leg and arm stretches and movements. Lying on the roller destabilises your body which in turn engages your core muscles in your abdomen, pelvis, upper legs and around your spine, stabilising your body and allowing you to stand upright.

Ivana has tips to help everyone maximise their mobility:

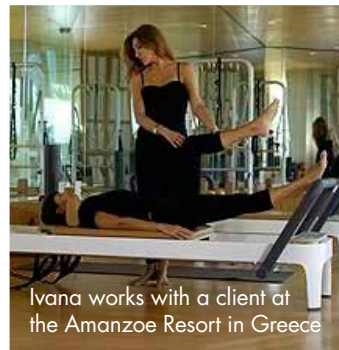
- Move mindfully: "Don't go to the gym, work out next to a man and try to do the same things he does. Your body is not built the same way; women need to be trained differently."
- Slow down: "Take things slowly, listen to your body and make every movement count."
- Breathe: "The power of your

breath will make you more focused and stronger."

- Listen to your body: "If you feel pain, stop. Don't think that pain is good for you – it isn't. It's a sign to stop and avoid an injury that could set you back months." ❏

For more information, visit ivanadaniell.com. Details of Ivana's Alignment & Movement Retreats at Aman Resorts can be found at amanresorts.com.

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Ivana works with a client at the Amanzoe Resort in Greece

MOBILITY AIDS

Ivana's free-movement essentials



🔥 **Air Stability Wobble Cushion 45cm**, £14.99, from physioroom.com, a clever cushion that you put on your office chair or a chair at home when needed. Sit on it for 15 minutes each day and you will destabilise your core and so strengthen your muscles



🔥 **Elite Foam Roller** (15cm x 90cm), £26.99, from physioroom.com, is the key piece of kit for Ivana's home workout



🔥 **Gymnic Soft Exercise Ball**, £3.99, from physioroom.com, place between your thighs and squeeze to engage your core



Ivana uses a foam roller every day as part of her routine