

what your star says

BRING OUT THE HOROSCOPES FOR AN UPDATE ON YOUR PHYSICAL AND EMOTIONAL NEEDS. BY ESTHER TEH

Not sure if you should sign up for that high-impact group exercise class or go for the yoga session instead? Or you can't put a finger on why you're feeling extra weepy this month? You might just find the answers in the stars!



ARIES March 21 to April 20

» Turn inward and focus on your spirituality.

Emotional needs: Patience is key when trying to manage your ups and downs.

Physical needs: You need a regular exercise regime to contain your impulsive streak and balance your emotional nature.

TAURUS April 21 to May 21

» Follow your heart.

Emotional needs: Use logic to get out of your emotional fixes.

Physical needs: You need your beauty sleep and lots of affection. A Taurus woman appreciates it when she is softened with presents that appeal to her five senses.

GEMINI May 22 to June 21

» Get in touch with your feelings to feel more fulfilled in your relationship.

Emotional needs: Lots of “me” time. Better yet if you have a mature friend as your mentor.

Physical needs: Regular meditation that focuses on breathing will help you be in the “here and now”. Hatha yoga is also useful.

CANCER June 22 to July 23

» Don't worry, support is coming your way.

Emotional needs: Put your feelings into words as that will help you understand yourself better. Journalling is a good idea.

Physical needs: You dress and talk loudly when you're in a negative emotional state. It may be a better idea to scream into a pillow.

LEO July 24 to Aug 23

» Patience, patience, patience. Chant it like a mantra.

Emotional needs: Focus on your career development. The more successful you are, the more emotionally fulfilled you'll be.

Physical needs: You need to get into competitive sports to keep your thoughts sharp and clear.

VIRGO Aug 24 to Sept 23

» Make sure your plans are realistic and your executions are not rushed.

Emotional needs: Be in service rather than entertain thoughts of revenge. It also doesn't hurt to pound into a cushion to release some steam.

Physical needs: To keep your life balanced, keep busy with the horizontal tango!

LIBRA Sept 24 to Oct 23

» Open your eyes and you will see the signs.

Emotional needs: The Libra woman is a smart cookie, so allow yourself freedom of choice. But this approach can only work if you are disciplined enough not to see-saw on decisions.

Physical needs: Any sports on a regular basis will keep you in the present and help you in your decision-making process.

SCORPIO Oct 24 to Nov 22

» Come off your high horse. You will discover that people have more to offer than you first thought.

Emotional needs: You are self-sufficient and seldom stumble but when you do, the friend who lends you her shoulder will earn your loyalty and support.

Physical needs: A rigorous and regular gym routine can help you

in managing your temper. Also watch what you eat.

SAGITTARIUS Nov 23 to Dec 21

» Pay attention to details. It will save you lots of hassle later on.

Emotional needs: You need a lot of attention. The more people roll out the red carpet, the brighter you glow.

Physical needs: Wear boots that support the ankles, instead of tottering around in stilettos and running the risk of injury.

CAPRICORN Dec 22 to Jan 20

» Exercise self-restraint. Slow and steady is the way to go.

Emotional needs: Your tough demeanour hides a softer side. You need to be treated with lots of tender loving care.

Physical needs: Nothing beats water when the blues hit you. A good cry in the shower also does wonders to pick you up.

AQUARIUS Jan 21 to Feb 19

» Work towards compromising with others. The path would be smoother.

Emotional needs: You're a social butterfly, so when you're feeling down, go out and paint the town red! A back massage is also very effective in chasing away the blues.

Physical needs: You can ease the tension in your shoulders by playing by the rules.

PISCES Feb 20 to March 20

» You don't have to keep up with everyone else. Neither does everyone have to keep pace with you.

Emotional needs: Find a good buddy who is non-judgmental and who will listen to what you have to say.

Physical needs: Avoid developing a dependence on substances – prescribed, or otherwise.