

LA POLO INTERNATIONAL

Hundred+30th Edition



*Workout
your way to
Health*

HORSE RACING

Ruling the
television screens

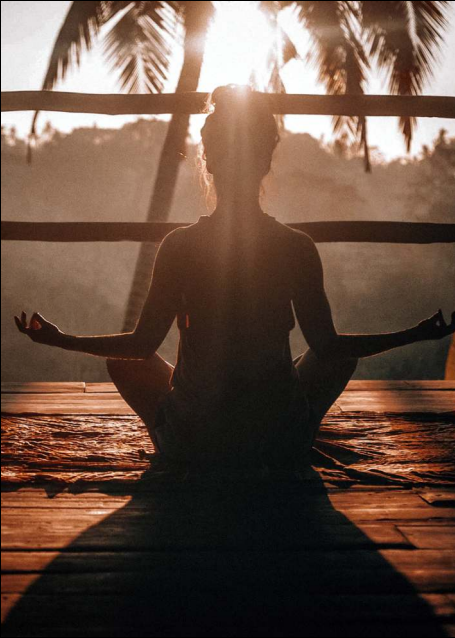
REVOLUTIONISING FASHION

Chanel and the
Mystique

PRO TIP

Diet for your
horses

POLO



“The thing about meditation is:
You become more and more you.”

- David Lynch



Cover Story

WORKOUT YOUR WAY TO HEALTH

Abhimanyu Pathak performs balancing using his polo mallet

Resting at home is one way of looking at the lockdown, but that should not stop you from leading a fitter life. Keep your fitness sessions at home relaxed and steady. LA POLO spoke to health and sports experts. The break in polo schedules and the lack of competitions have had emotional and psychological impacts. Chukka Wellness and Coach Ajay Singh, along with other professionals, suggest tips that will help you keep fit in these stressful times.

[Click to read more >](#)

Cover Story

BALA MUDRA ASANA WITH SHYAM MEHTA

Shyam Mehta, President, Amateur Riders' Club, and an ardent Polo player sticks to yoga. He said: "Yoga has been an essential fitness routine for me owing to its multiple health benefits. These days, I prefer to a fixed routine comprising breathing exercises, meditation, and stretching for about 45 minutes in the morning and do another 45 minutes of power yoga in the evening."

Watch him perform the asana!





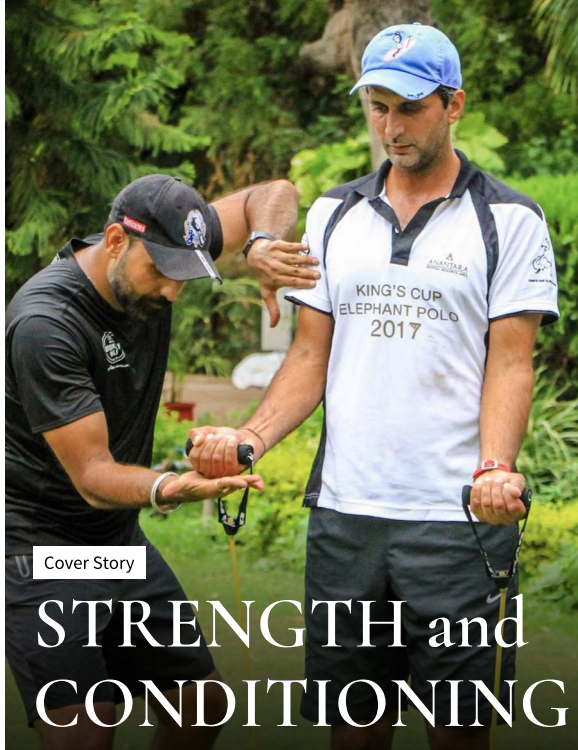
Cover Story

GETTING FIT IN FIVE STEPS

Chukka Wellness
demonstrating
side plank

India Parker-Smith founded Chukka Wellness to help Polo players get fitter and stronger. **Chukka Wellness** suggests the following five quick and essential exercises to keep fit. Make sure to properly warm up and stretch before and after the workouts. In the following images, the exercises go as follows: V-Sit; Side Plank with rotation; Heel taps; High reaches; Leg raises.

[Click to read more >](#)



Cover Story

STRENGTH and CONDITIONING

Coach Ajay Singh gives tips to players for strength and conditioning exercises. He says: “Polo is about repeated force production. But it’s not just legs and upper body, you also need a strong core to handle the horse and control the swing.” He suggests five exercises—Push-ups, Squats, Planks, Sit-ups, and Reverse lunges.

Ajay Singh coaching polo player Angad Kalaan while the Indian Polo was in action

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From The Magazine

STAYATHOME

While you are at home, enjoy some little-known tales from the world of Polo.

Read the print editions of LA POLO, **now available exclusively Online.**



SIGN UP NOW!



#StayAtHome

Stay home, Stay safe!

Prince of Wales Trophy
22 Goals
Royal County of Berkshire
June 13-20

Trippetts Challenge
22 Goals
Cowdray Park
June 13-20

Gold Cup for the British Open
22 Goals
Cowdray Park
June 23-July 19

Warwickshire Cup
22 Goals
Cirencester
July 18-26

The Queen's Cup
22 Goals
Guards Polo Club
July 28- August 23

Indian Empire Shield
18 Goals
Guards Polo Club
June 30-July 18

Apsley Cup
18 Goals
Cirencester
July 21- August 2

ENGLISH POLO CALENDAR

Duke of Sutherland Cup
18 Goals
Cowdray Park
August 4-22

Challenge Cup
18 Goals
Cowdray Park
August 24- September 6

Country Cup
15 Goals
Cirencester
June 16-27

Eduardo Moore Cup
15 Goals
Royal County of Berkshire
June 30- July 19

Harrison Cup
15 Goals
Cowdray Park
July 21- August 9

Royal Windsor
15 Goals
Guards Polo Club
August 11-30

Arthur Lucas Cup
15 Goals
Beaufort Polo Club
September 1-12

“In view of the situation concerning Covid-19, the official HPA tournament fixture list has been adjusted for this season. It remains dependent on any Government conditions concerning the Corona virus.”

- Hurlingham Polo Association

LA EQUUS



“I learnt from my horse that strength is complemented by nobility and loyalty.”

- Gabriel Oliverio

Image credit: Gannett



Horse Race

MAKING STRIDE ON THE SMALL SCREEN

Horse races have become popular on television during pandemic

The world is at pause due to the pandemic. However, New York and California have been running horse races on television. Fox Sports executive vice president Mike Mulvihill was reported as saying: "Horse racing has been a welcome substitute for other events that are currently unavailable. Viewing of horse racing has tripled over the last year. Online sign-ups for new bettors are up. Betting handle at the tracks we present is up. It's been a nice bit of normalcy, where the rest of the sports world is anything but."



Horse Race

Transportation
of the animal

NZ OPENS DOORS

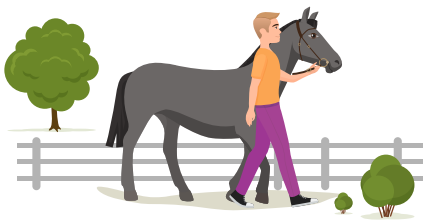
Under the strict protocols of Covid-19, horses were back to training tracks around New Zealand. Lately, the borders between New Zealand and Australia took a huge step closer to re-opening for horses.

The transport of horses between the two countries is a crucial part of the horse racing industry. But one of New Zealand's two main companies that flies horses to Australia and beyond, New Zealand Bloodstock Airfreight, conducted a successful test flight from Auckland to Sydney this week, paving the way for a return to horses moving between the two countries.

PRO TIP

DIET FOR HORSES

The diet of the horses has to be adapted for low exercise time. Do not overfeed them, reduce the rich, energetic food with a high percentage of protein. Horses who have a tendency to be fat are at high risk to develop laminitis when we stop or reduce their exercises.



BEYOND



The Chanel story

Image caption: Coco Chanel



Feature

FASHION ICON | COCO CHANEL

Left at an orphanage along with her sister at the age of 12 by her father, after the passing of her mother, Chanel couldn't have even dreamt about any of her successes, but she did it all anyway...thanks to her vision, work ethic and her decision to never drop the ball. It was at her convent where she learnt the art of sewing and perfected it for another six years. She left the orphanage as soon as she turned 18 to be the independent boss woman that she was.

[Click to read more >](#)



Coco Chanel
with her
boyfriend

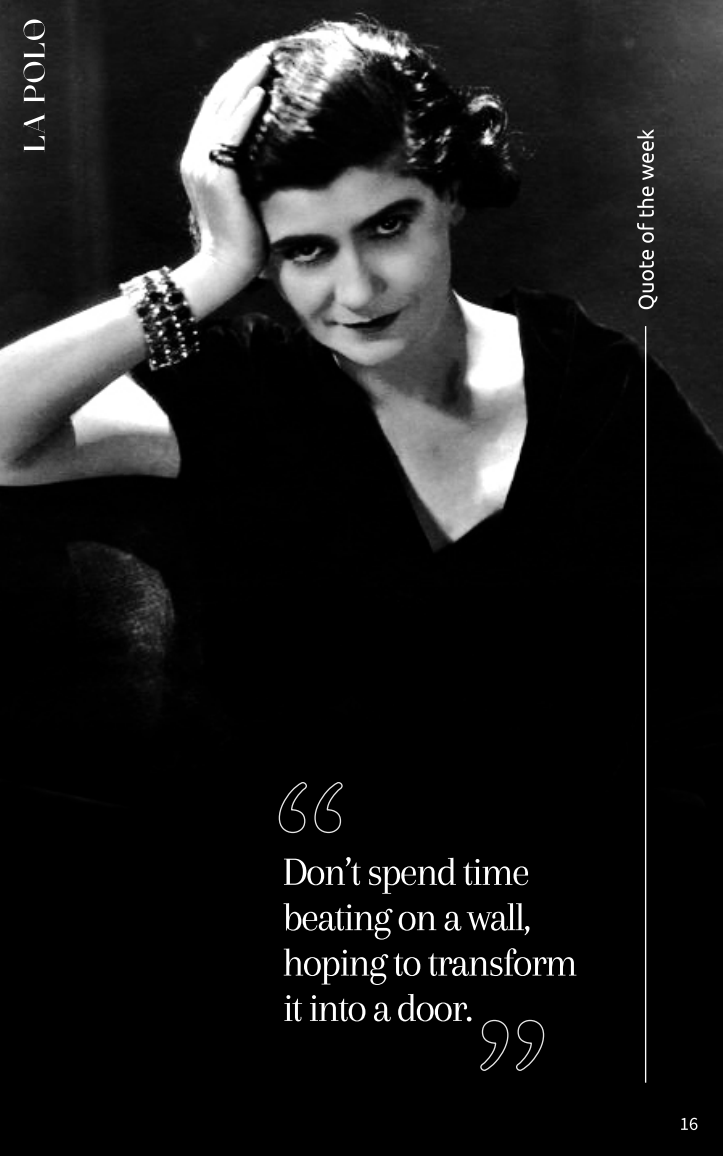
Feature

Revolutionising FASHION

Do you know what designers Tom Ford, Prada, Donna Karan and Helmut Lang have in common? They all draw their inspiration from Gabrielle Chanel.

La Maison de Chanel (The House of Chanel) is synonymous with luxury. And no matter what your take on fashion might be, whether you're into it or you couldn't care any less about it, there's no way you cannot be impressed by her legacy.

[Click to read more >](#)



“

Don't spend time
beating on a wall,
hoping to transform
it into a door.

”



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