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KHANATURAL

Rooted in Realness



CRYSTAL HAWKINS

BLACK YOGA ROOM

WELLNESS • FOOD • SPORTS • SELF-CARE • FASHION

EDITOR'S NOTE

There is a quiet power in the colour black.

An elegance that speaks without needing to be heard, a depth that holds space for reflection, restoration and truth.

In this issue of Khanatural Magazine, we celebrate black not only as a colour, but as an experience. Rich, grounding and endlessly expressive.

Our inspiration is drawn from Crystal's Black Yoga Room, a sanctuary where wellness meets intention.

Within its dark, immersive atmosphere, movement becomes more mindful, breath becomes more present, and the body is invited into a deeper state of awareness. It is a reminder that, in stillness and simplicity, clarity often follows.

Have you tried Feng Shui? Let's explore it together this month.

Mokwadi says "Let Go!" in our Man to Self feature.

We then introduce you to a talented upcoming football star, Lebogang Moleme, in our One to Watch feature.

Dambisa's Wellness Corner reminds us that "the darker the berry, the sweeter the juice".

Alongside this, we bring you the latest and most substantive insights from the local and international wellness landscape, because we believe our readers deserve nothing less than excellence.

At Khanatural Magazine, we remain unwavering in our commitment to delivering the very best in wellness content.

It is both my promise and that of our entire team to continue curating meaningful, inspiring stories that honour the journey of wellbeing.

This issue is an invitation: to embrace depth, to find beauty in stillness, and to experience black as a space of infinite possibility.

Khabonina Q

EDITOR-IN-CHIEF



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INSIDE THE BLACK YOGA ROOM

BY KHABONINA QUBEKA

I have been fascinated by the concept of the Black Yoga Room through my friend Crystal Hawkins.

We connected beautifully a year ago and have been having conversations about our lives, family, children and the transformations within them. I asked her to share more about exactly what it is.

“Black Yoga Room is more than just a yoga space,” she began.

“It’s a sanctuary. Born from a journey of pain, reflection, release and healing, this space was created with intention.”

I love this because we often assume that such feelings or stages in our lives are unintended.

Crystal moves with intention in fitness, practice and life.

A natural leader, she has led tough PT sessions in the army, owned the stage as a bodybuilding champion, and trained countless clients to become their strongest selves.



“BREATH BY BREATH, STEP BY STEP, COME HOME TO YOURSELF.” CRYSTAL HAWKINS



However, yoga taught her something different: how to slow down, listen within, and let breath lead the way.

Based in Huntsville, Alabama, Crystal is the creator of Black Yoga Room.

Her approach to wellness is rooted in balance, blending five essential elements: nutrition, strength, cardio, yoga and rest.

Drawn to the rhythm and discipline of Ashtanga, Crystal found a practice that softened her strength and deepened her connection with herself.

She brings that same grounded energy into every room she enters, providing space for others to grow, breathe and feel a sense of belonging.



The Black Yoga Room - "release the old, embrace the present."

Q: Does being in the Black Yoga Room space affect your diet and lifestyle?

"The Black Yoga Room embodies a holistic approach to health, emphasising the consumption of foods that nourish the body and promote healing.

My diet focuses on nutrient-dense options that support brain health, hormone balance, skin vitality, digestion, flexibility and overall wellbeing.

Specifically, this involves incorporating foods high in healthy fats, a moderate amount of protein, and lower quantities of starchy carbohydrates.

While this is the dietary framework that works best for me, I believe it is essential for individuals to choose foods that resonate with them, fostering both physical health and emotional wellbeing."

Q: I remember Puzzle Fit very well. (Khanatural Feb 2025 feature) Has it come to an end?

The Puzzle Fit space helped me continue my craft and serve others, but it no longer reflected who I was becoming.

Black Yoga Room was born as a way to release the old and embrace the present.

Q: I love how you unapologetically embrace your strength, paired beautifully with softness. Please tell us how this works so seamlessly?

Here, softness meets strength. Breath leads the way, and simply being present is enough.

Whether you're stepping onto the mat for the first time, exploring handstands, or lifting weights, Black Yoga Room welcomes you.



Q: Would a Black Yoga Room space accommodate friends and families practising together, or is it best experienced individually?

The Black Yoga Room is a personal sanctuary that I created for my own journey of introspection and self-love. It is a dedicated space to explore my thoughts and emotions.

I encourage everyone to cultivate their own personal space for solitude and reflection.

By doing so, individuals can focus on their unique healing journeys and deepen their understanding of themselves.

While community and support are important, the essence of the Black Yoga Room is about nurturing one's inner experience.

Q: I loved how you responded to a comment where the assumption was that the Black in Black yoga room was race based, I know very well that you're far from that. How do you deal with people comfortably misunderstanding the beautiful BLACK concept. ?

Misunderstandings are common, even when intentions are communicated clearly.

I have learned to accept that some individuals may not fully grasp the essence of what the Black Yoga Room represents.

I prioritise articulating my vision and establishing my boundaries. If someone continues to misinterpret the concept, I recognise that the space may not be suitable for them.

Rather than trying to force understanding, I focus on those who resonate with my message and are open to embracing its true meaning.

NOW IN STOCK!



Coco Avo Butter

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THE PSYCHOLOGICAL EFFECT OF BLACK

KENDRA CHERRY

Black is not considered a primary, secondary or tertiary colour. It is the absorption of all colours, taking in all light within the spectrum.

Individual reactions to the colour black vary widely. Some responses have cultural associations, while others are shaped by personal experience.

According to colour psychology, emotional responses to colour are influenced by personal preference and past experiences.

German scientist Hermann von Helmholtz described black as a real sensory experience, distinct from the absence of sensation.

Writing in *Handbuch der physiologischen Optik*, he examined how vision is constructed, arguing that what we perceive—including black—arises from active processes in the visual system, not simply the presence or absence of light.

LET'S FENG SHUI IN BLACK

1. Consider a black door for doors that face north, east, or southeast.

2. Choose black for your kids' room to bring calm and creativity.

3. If you have a home office in the north part of your house, paint one wall black.

4. Paint the floor black in a room in the north part of your space.

5. Try placing black accessories like knickknacks, frames, or vases around your home.

6. Try black and white in your laundry room or kitchen.



BLACK, DELICIOUS & NUTRITIOUS

KHABONINA QUBEKA

Naturally black-coloured food has always been fascinating. It's the aesthetic, the mood it sets, and the striking visual it presents.

It turns out that it is also highly beneficial for your health.

Anthocyanins are common in black-, blue- and purple-coloured foods.

They give foods their colour and help protect them from extreme conditions.

Anthocyanins are known for their anti-diabetic, anti-inflammatory and anti-cancer properties, as well as supporting weight management and boosting the immune system.

Black foods are typically high in fibre and protein, making them ideal for a balanced diet. They also contain essential vitamins and minerals such as vitamin A, iron and magnesium.



Health benefits of black food



Antioxidant Protection:

Anthocyanins neutralize free radicals, helping to prevent chronic diseases like cancer and slowing the aging process.

Heart Health:

These foods can improve cholesterol levels (reducing "bad" LDL), lower blood pressure, and enhance blood vessel function.

Blood Sugar Management:

Black foods like black rice and beans have a low glycemic index, which helps stabilize blood sugar and improve insulin sensitivity.

Digestive Health:

Most are high in fibre, supporting regular bowel movements and promoting a healthy gut microbiome.





IN DEFENCE OF MY BLACK WARDROBE

BM



Open my wardrobe and you will find black trousers, black shirts, black dresses, black jackets, black suits and black shoes. Some of them are almost identical, which does not help my case.

I have the same black suit in four different sizes, which sounds unreasonable until you accept that bodies change, tailoring lies, and sometimes we need options.

The shoes are worse. I have black shoes that look the same to everyone else, though they are clearly different shoes. One pair is for long days. One pair is for events. One pair is for when I want to suffer beautifully for two hours and then question every choice that brought me there. The same logic applies to my black shirts: different collar, different fabric, different mood. Same shade of black.

My mother does not understand this. She has asked, more than once, why I keep buying black when there are so many other colours in the world. She says it kindly, with the concern of someone who thinks I may one day disappear into my own laundry basket.

The Beauty of a Blank Canvas

Some colours need the right mood, the right skin day, the right lighting, the right event and the right level of emotional stability. Black is less demanding. There are days when you are bloated, tired, late, irritated, or simply not in the mood to explain yourself through clothing. Black understands all of this.

A black dress can go to dinner with heels, to work with a jacket, to a family lunch with flats, or on holiday with sandals. It can work quietly under elaborate beadwork, a headwrap or a coat that deserves the main-character treatment. This is partly why I keep returning.

THIS IS WHY I LOVE BLACK CLOTHING

It Works on Real Bodies

Black does not magically change a body. It does not make anyone smaller or erase the stomach, hips, arms or thighs. What it does well is create a clear line, which makes an outfit feel calmer and more pulled together; the eye reads the whole look instead of getting stuck on every small detail. A good black piece gives the body a frame, but the body still gets to be there. That is the part I like.

It Grows Up With You

At 20, black can be a tiny dress and too much eyeliner. At 30, a sharp blazer, because suddenly one has meetings and opinions. At 40, a beautiful column dress with great fabric and the kind of shoe that tells everyone what time it is. At 50, 60 and beyond, black can be a sculpted sleeve, a clean neckline, a strong suit, a soft kaftan. It does not expire because the wearer has changed.

That matters because bodies change. Weight changes. Taste changes. Life changes. A woman may move through work, motherhood, heartbreak, joy, grief, celebration, reinvention and a few sizes along the way. A good black garment can survive more of that than most trends. This may explain my four suits in four sizes.

How to Buy Black Without Looking Boring

The danger with black is that it can become a hiding place, and that is when it stops looking stylish and starts looking like you gave up. I say this with love, and also as someone who has absolutely used a black outfit to avoid making decisions.

Fabric matters. A black satin dress and a black cotton dress are living completely different lives. Fit matters even more; the shoulder must sit properly, the waist must make sense, and the garment must allow you to sit, walk, eat, hug people and exist like a person with a life. Then comes styling: jewellery, a strong shoe, a red lip, a printed jacket, a bold earring. Black loves texture. It loves confidence, even the borrowed kind.



The Final Word

My mother is probably right. I could stop convincing myself that this black shirt is different from the other because the cuff is slightly wider. I could behave like a person who does not need another black shoe.

But I know what happens when I wear black. I feel pulled together. I feel less distracted. I start with one clean base and build a whole personality from there.

Black does not ask for one body, one age, one weight, one mood or one version of womanhood. It lets the wearer decide what it becomes.

So yes, I have too many black clothes. But black makes me feel very sexy. And who can fight with that?



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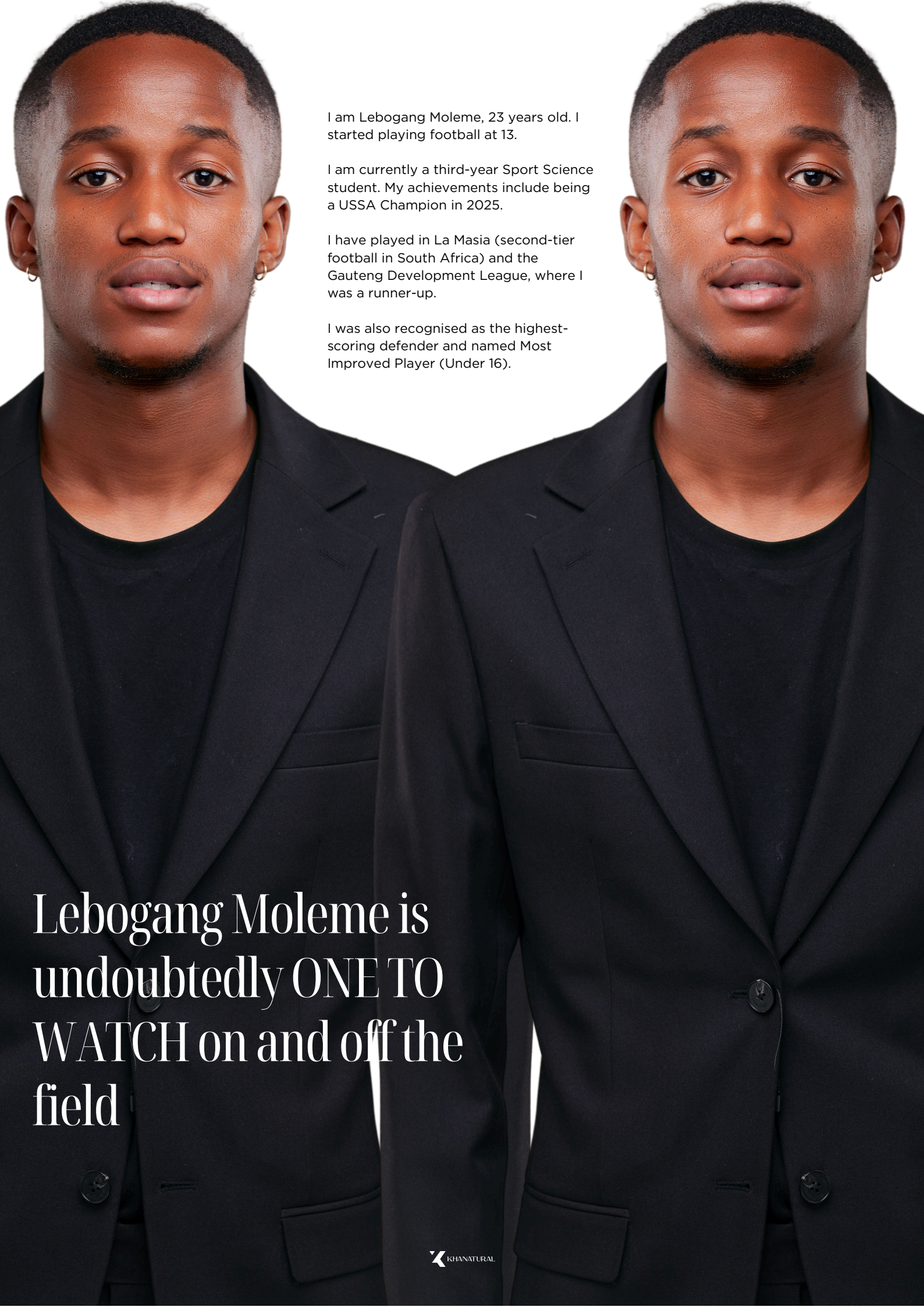


ONE TO WATCH

LEBO MOLEME

YOUNG, TALENTED WITH VALUES

KHABONINA QUBEKA



I am Lebogang Moleme, 23 years old. I started playing football at 13.

I am currently a third-year Sport Science student. My achievements include being a USSA Champion in 2025.

I have played in La Masia (second-tier football in South Africa) and the Gauteng Development League, where I was a runner-up.

I was also recognised as the highest-scoring defender and named Most Improved Player (Under 16).

Lebogang Moleme is
undoubtedly **ONE TO
WATCH** on and off the
field

Q: When did you know that football was in your blood?

I think it clicked in my late primary school days (11-12 years old) when it was evident that there was some sort of natural ability with the ball. With time grew passion and it became the only aspect of my life where I wanted to be perfect.

Q: How important is it to have your parents supporting you as an emerging superstar player?

It's a blessing , it pushes one to train and perform with a purpose in mind because nothing beats a proud parent when you're thriving in a field you're passionate about.

Q: How important is it to have your parents supporting you as an emerging superstar player?

It's a blessing , it pushes one to train and perform with a purpose in mind because nothing beats a proud parent when you're thriving in a field you're passionate about.

Q: Do you cook ? What's your favourite meal ?

No, I don't cook unfortunately, however, I'm willing to learn. Lucky enough my mom is a chef and knows how to make a mean plate of dumpling and stew , a good lasagne on off days too does it."

Q: You look great! How do stay in shape?

Thank you. Constant football training plays a huge role , a bit of cardio with body conditioning. I recently started making use of the college gym to gain a certain build for my preferred position in football. With all this, I follow a good diet plan, this is very important to me.



Q: Please advise the under 16' & 18' players who look up to you as their role model .

I'd say staying consistent within your craft is important as well as staying disciplined and always looking to improve no matter the circumstance. Taking advice and listening to your coaches , while trying to work on your weaknesses in your spare time (individual training is just as important as team training) ps. I try to instil this in my younger brothers as much as I possibly can as they are budding football players themselves.

Q: Who's your favourite player , locally and internationally?

"Locally I'd say Rivaldo Coetzee of Sekukhune United in the PSL.

Internationally without a doubt has to be Jadon Sancho who is currently at Aston Villa.

These two players have a unique play style and are always looking to express themselves when playing , just like myself . They are brilliant footballers in my humble opinion.

Q: How do you stay focused and grounded?

I stay focused by maintaining a structured routine, balancing training, recovery and my studies in sport science.

I prioritise self-reflection and setting clear short- and long-term goals. I also take time to reset mentally, whether through quiet reflection or prayer, to stay centred and maintain perspective both on and off the pitch.





Letting Go!

MOKWADI WA MOMPEDI

There comes a moment in a man's life when holding on becomes heavier than letting go.

It doesn't always happen loudly. Sometimes it's a quiet realization — in the middle of the night, in the silence after an argument, or in the stillness of a life that no longer feels like your own.

You look around and recognise that something has ended... even if it hasn't officially ended.

And then comes the hardest part: letting go.

We Don't Let Go Easily
Men are taught to endure.
To fix.
To stay.

So when something begins to fall apart — a relationship, a dream, a version of who we thought we would be — our instinct is to fight for it. To hold on longer than we should. To prove that we are strong enough to make it work.

But not everything is meant to be fixed. Some things are meant to be released.

Letting go is not failure.
It is recognition.

Letting go will always feel like the end of something.

But starting again is not about what you've lost — it's about what you now have the space to become.

And sometimes, the man you become after letting go is the man you were always meant to be.

The Space After

What no one prepares you for is what comes after.

The silence.
The unfamiliar routine.
The absence of what once filled your days and your thoughts.

Starting again doesn't feel like strength at first.
It feels like loss.
Like standing in an empty room with no clear direction, only the echo of what used to be.

But that space; that uncomfortable, uncertain space is where something new begins.

You Meet Yourself Again
When you let go, you are forced to meet a version of yourself you may have been avoiding.

The man without the relationship.
The man without the title.
The man without the expectations he was trying to live up to.

And in that meeting, there is honesty.

You begin to ask different questions:
What do I actually want?
Who am I when I'm not trying to be chosen?
What kind of life feels true to me?

Starting again is not about replacing what was lost.

It's about rediscovering what remains.

Mokwadi is a writer, business strategist, and lawyer by training. He is passionate about the intersection of African identity, wellness, and digital storytelling. When he's not helping creatives build impactful brands, he's writing stories that challenge the status quo and inspire new ways of thinking.

THE DARKER THE BERRY, THE SWEETER THE JUICE.

DAMBISA MAQOGA

Life has a way of happening to all of us.

Sometimes through childhood experiences we did not choose, sometimes through relationships that altered us, sometimes through family dynamics, disappointments, losses or seasons that simply arrived heavier than we were prepared for.

In the moment, those situations often feel dark. They feel unfair. They feel like interruptions to the life we thought we would have.

But as I reflected recently on the many turns life has taken, I found myself thinking about just how much those darker moments have contributed to the person I am still becoming.

That is when the phrase came to mind: the darker the berry, the sweeter the juice.

For years it has sounded like one of those familiar sayings we repeat without much thought, but this time it landed differently.

This time it felt like a quiet reminder that some of the toughest situations we face do not only come to challenge us. They come to produce something in us.

At the time, we rarely see it that way.

When we are in a hard season, all we see is the discomfort. We see the pressure, the exhaustion, the tears, the confusion and the constant questioning of why this had to happen in the first place.

We do not immediately see the patience being built. We do not see the discernment quietly forming. We do not see the strength that is being introduced to parts of us that previously relied on ease.

We usually only see the dark berry. The sweet juice often comes later.

It comes in the way we begin to handle situations differently. It comes in the boundaries we develop after years of overextending ourselves.

It comes in the thicker skin that helps us survive disappointment without losing ourselves completely. It comes in the gentler understanding that not everything deserves our emotional energy.

It comes in the peace we start protecting once we have known what chaos feels like for too long.

Hardship has a way of refining us, even when it first feels like it is undoing us.



HARDSHIP HAS A WAY OF REFINING US, EVEN WHEN IT FIRST FEELS LIKE IT IS UNDOING US.

I think about my mother and the many moments I watched her move through both good and difficult seasons. At the time, all I saw were the situations themselves.

I saw the problems, the responsibilities and the constant need to keep moving. What I did not fully understand then was that life was building a resolve in her that made room for laughter in between, for hope in between and for the ability to continue even when the load was heavy.

That perspective only makes sense to me now because adulthood has a way of making us revisit things with new eyes.

You begin to realise that not every hard chapter came to break you.

Some came to wake you up.
Some came to mature you.
Some came to teach you what peace actually means.

Some came to show you that softness and strength can live in the same body.

And some came to prove to you that you are capable of carrying far more than you once believed.

This is not to romanticise difficult situations. No one willingly asks for heartbreak, financial pressure, family strain or emotional fatigue. Yet there is an undeniable truth that many of us can attest to: some of our clearest lessons were born in our hardest seasons.

The way we love changes.
The way we trust changes.
The way we rest changes.
The way we choose people changes.

The way we choose ourselves changes.

Something always comes out of it.
That is the sweet juice.

The wisdom is the sweet juice.
The boundaries are the sweet juice.
The resilience is the sweet juice.
The quieter, steadier version of yourself is the sweet juice.

Perhaps that is life's hidden gift. That even when a season feels dark while we are living in it, it is never empty. It is doing something. It is shaping something. It is preparing something.

So yes, the darker the berry, the sweeter the juice.

Because often, the tougher the situation, the sweeter the resolve.

And if life has taught us anything, it is that some of our heaviest chapters end up producing the strongest parts of us





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