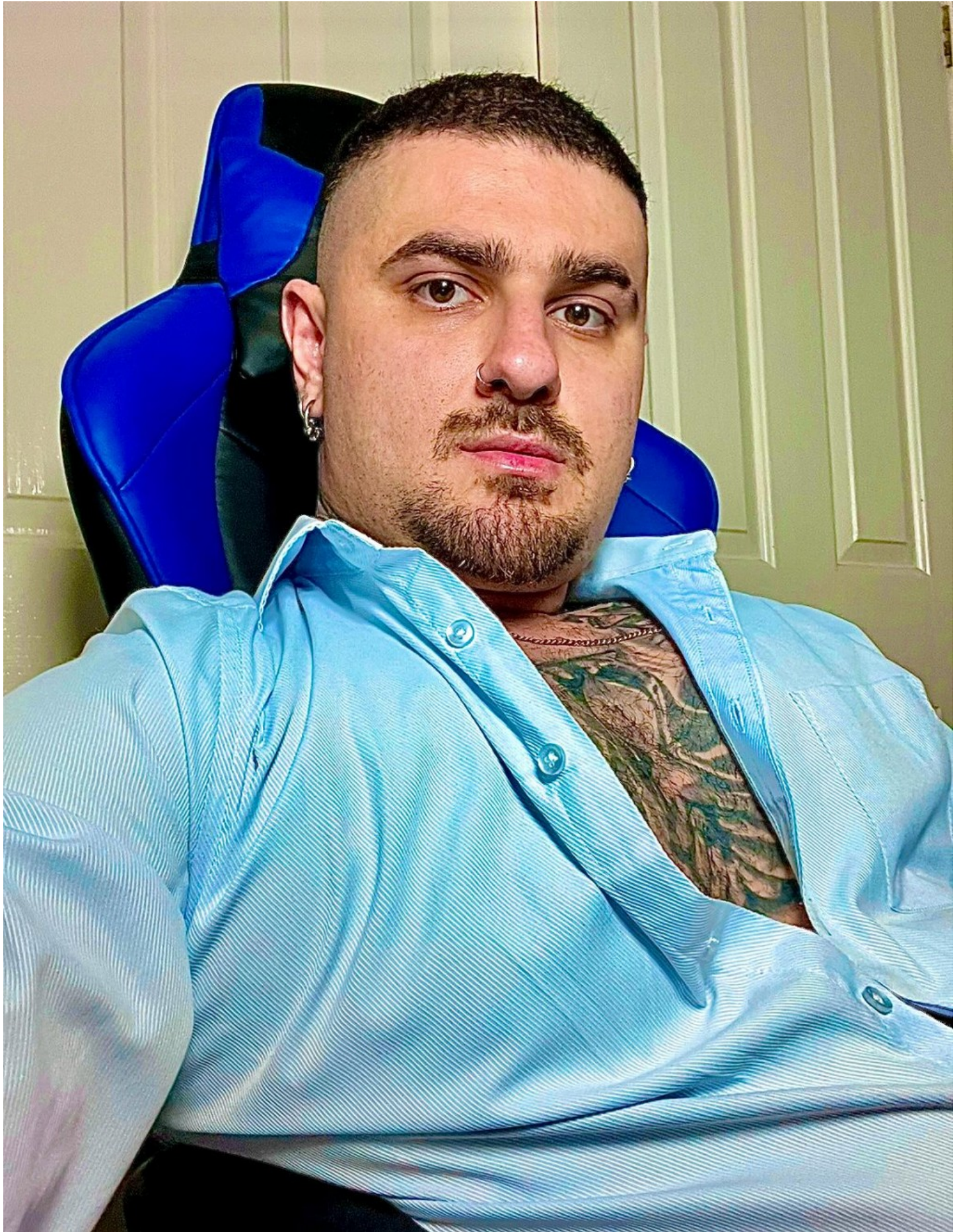


Stretch, Breathe, and Create. Explore Day in the Life of Glamhairartist Atakan Romano's Wellness Routine!

Find out how Glamhairartist handles stress with his personalized coping mechanisms and meditations.



Melbourne, Victoria Feb 17, 2025 ([Issuewire.com](https://www.issuewire.com)) - In an ever-evolving world where stress and anxiety are commonplace, we are all seeking innovative ways to cope with life's pressures. For Glamhairartist Atakan Romano, a figure known in the hair artistry and entrepreneurship industry as a freelancer since age 16, yoga has profoundly influenced the journey from stress to professional achievement.

Yoga has aided Atakan's well-being and also helped his mental and physical health; he is looking forward to a new chapter professionally in 2025, paving the way for future endeavors.

Inspiration Behind Yoga Practices

Atakan's introduction to yoga was not a casual exploration but a necessary step toward healing and self-discovery.

"I have always loved doing yoga and guided meditation practices as it helps me feel relaxed, calm, stress-free, and forget about the world's problems," Atakan adds. "Yoga is also a form of meditation for me. The calm feeling from yoga resonates with many who seek comfort in mindfulness practices during their chaotic lifestyles."

Last year was challenging for Atakan, who felt prompted to seek refuge in mindfulness and yoga. These tools are now part of his daily routine. They help him navigate emotional turbulence, foster resilience, and manage a good work-life balance.

Exploring Yoga Styles

Atakan's various styles of yoga reflect his commitment to a holistic approach to life.

Among these styles, Restorative Yoga holds a special place in his heart.

"Restorative Yoga helps me often," Atakan said. "I find this style beneficial for calming the nervous system, reducing anxiety and stress, and dealing with daily chaos. This form of yoga promotes relaxation and rejuvenation. It is an ideal choice for me as I seek relief from my stressful schedule."

Additionally, Hot Yoga is an integral part of Atakan's yoga regimen. The elevated temperatures associated with Hot Yoga intensify workouts and promote detoxification through sweating.

"Many coaches appreciate the invigorating nature of Hot Yoga and Power Yoga for Glamhairartist's recovery pathway," Atakan said. "My goal is to enhance my flexibility while invigorating the mind and body. My routine is perfect for someone immersed in a creative mindset."

Yoga as a Catalyst for Professional Growth

Yoga's impact on Atakan's career goes beyond personal well-being. By integrating mindfulness into his daily routine, he has cultivated a heightened sense of focus and creativity that translates directly into his work as a hair artist. His ability to remain centered amidst external pressures allows him to deliver exceptional results consistently. Watch for new books, a website, and hair and beauty tutorials on Instagram.

Moreover, Atakan's journey inspires fellow professionals in the hair and beauty industry. Mental health and self-care practices like yoga are essential. A cultural shift is developing within creative fields,

prioritizing well-being alongside artistic expression.

"Remember, self-care is necessary and isn't selfish," Atakan said.

Future Aspirations

Atakan envisions expanding his influence beyond hair artistry and his product line. He explores more of the authorship side by writing books promoting wellness initiatives, memoirs, mental health awareness, and step-by-step hair and beauty books about his techniques.

His work illuminates these critical topics and encourages others to share their stories about mental health.

"I hope to encourage others to embrace holistic approaches that enhance their craft and quality of life," Atakan said.

He is inspired by Elon Musk, who once said, "Persistence is essential for success. You have to keep pushing forward, no matter how many times you fail."

Follow Emre Bardan aka Atakan known on Instagram (@glamhairartist) and X (@glaamahairartist). His website is glamhairartistatakanblog.wordpress.com

See [London Daily News](#) and [News Break](#) for references to Atakan's name and life changes.

About Glamhairartist Atakan Romano

Emre Bardan, now known as Atakan Romano, is a renowned international hair artist, entrepreneur, publishing author, and writer. His innovative hairstyling techniques and trendsetting creations have revolutionized the fashion industry. He is also a global social media influencer with over 1.7 million devoted followers on Instagram alone. After achieving immense success in hairstyling, he shared his extraordinary journey through his memoir "Becoming GLAMHAIRARTIST," inspiring readers worldwide to pursue their dreams with unwavering determination.

Disclaimer: Atakan Glamhairartist took these photos. He owns the copyrights.

For more information about Atakan or work inquiries, reach out via email or social media channels. Please contact Melissa Cannell, Glamhairartist PR Manager, at her email address: Glamhairartistatakan.melpr@yahoo.com.

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