

Health Publications

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Boredom-busting yoga combos

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HYBRID

What it is

Yogilates

A mind-body workout that integrates Pilates mat work with hatha yoga

Golf With a Twist

A three-day program for golfers looking to improve their game and achieve calm, on the course and off

Disco Yoga

A '70s-music-inspired yoga workout

Mind Body Scuba

Combines diving with yoga

Hypno-Yoga

Combines breath work, flow yoga and guided meditation

Yoga Adventures

Renowned yogini Shiva Rea leads retreats in which guests do yoga in nature. Adventures include rock climbing in Joshua Tree, Calif., surfing Cabo San Lucas in Mexico and hiking volcanoes in Hawaii.

What it does

Provides the best of both workouts -- Pilates' core strengthening and lengthening and yoga's flexibility and mental relaxation

Yoga poses and breathing exercises increase range of motion, strength, flexibility, relaxation and focus and reduce injury risk.

Livens up otherwise-classic yoga with wild, groovy poses and disco-inferno tunes

Before entering the water, divers learn yogic breathing, meditate and perform yoga poses. In the water, divers practice calm breathing, stretches and modified yoga poses.

Aids in stress management; mind, body and spirit rejuvenation; mental clarity and problem solving; sports performance

Deepens the yoga experience; relaxes and silences the mind; fosters rejuvenation and balance

Who it's good for

Yoga devotees looking to add diversity and strength to their workouts; people looking to fine-tune and tone their muscles with more targeted exercises

Golfers looking to round out their workout and add more Zen to each shot

Anyone whose regular yoga routine has gone stale

Anxious divers, neophytes who want to feel more comfortable underwater or anyone who wants to become a more efficient air consumer

Stressed type-A personalities, athletes, anyone who wants to learn how to relax or access her subconscious

Nature lovers and adventurous physical types who want to take their yoga practice to the next level

Where to find it

(877) YOGILATES, yogilates.com (for information on workshops and classes or to buy the instructional book or videos)

The Kripalu Center for Yoga & Health, Lenox, Mass. (800-741-7353, kripalu.org)

Crunch Fitness, New York City (crunch.com)

Instructor Steven Schultz guides trips to Caribbean resorts (877-426-7626, www.oceanvibes.com corn)

hypnoyoga.com; classes: Maha Yoga, Brentwood, Calif. (mahayoga.com); workshops/retreats: Pura Vida Retreat, Costa Rica, April 26-May 3 (puravidaspa.com, 888-767-7375); The Greenhouse Spa, Arlington, Texas, June and November (thegreenhousespa.net, 817-640-4000)

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