

# Boost your spirits

Get fresh energy with these poses from yoga expert Sara Ivanhoe.

FEEL YOUR MOJO slipping away with the summer? Reinvigorate yourself with this workout from Sara Ivanhoe, star of more than 14 yoga DVDs and videos, which have sold 4 million-plus copies combined. Ivanhoe, who's also a featured yoga instructor on Russell Simmons' "Yoga Live" DVD series and the FitTV show *All Star Workouts*, is leading yoga classes at *Health's Here Comes the Sun* yoga festival in New York City's Central Park this month (details on page 49). Do this 15-minute routine three times a week for the feel-good benefits. And if you're wondering what to do with all that newfound energy, check out our yoga moves for better sex (find them on page 68).

## Standing Side Stretch

Stand with your feet 4–5 feet apart; turn your right foot out 90 degrees and left foot in 45 degrees. Inhale and raise both arms out to the sides. As you exhale, bend your right knee 90 degrees, making sure your knee doesn't go past your toes. Put your right forearm on your right thigh and stretch your left arm up and to the right until it makes a straight line with your left leg. Hold for 5–15 breaths; release and switch sides. Repeat up to 3 times.



## Supported Standing Forward Bend

Stand with your feet about 4 feet apart and toes slightly turned in. Hinge forward from the hips, bending your knees slightly if you need to, and rest your head on top of a yoga block or phone book. (If your head doesn't completely rest on the block or book, spread your legs wider until it does.) Pull your shoulders away from your ears and pause for at least 10 breaths.



## Legs Up the Wall

Sit on a mat with your right hip near a wall. Roll down onto your back and bring both legs up and around to rest on the wall, turning your body so it's perpendicular to the wall. Place both arms, palms facing up, by your sides. Hold for about 20 breaths.