



944's choice

YogaWorks

From well-practiced yogis to those who think downward dog is a treatment done at the Westminster Kennel Club and everyone in between, a visit to YogaWorks can benefit all. All over Los Angeles YogaWorks' wide array of classes continue to provide Angelenos with quality yoga that promotes physical and emotional well-being. Its two new signature programs, CardioWorks and SculptWorks, blend the traditional benefits of yoga with cardiovascular training and muscle toning. It also offers monthly workshops to school both devotees and newbies on everything from relaxation to specific disciplines like Iyengar. In early 2008, YogaWorks will offer retreats to Mexican locales Ixtapa (in March) and Maya Tulum (in April). All classes are crafted to fit members of various fitness levels and bring attention to breathing, energy, alignment and posture. In no time, attendees can show off their hot bods and impress people with their killer headstands — not to mention a new, positive attitude.

• Writing | Jessica Iavazzi

For locations, check out www.yogaworks.com