



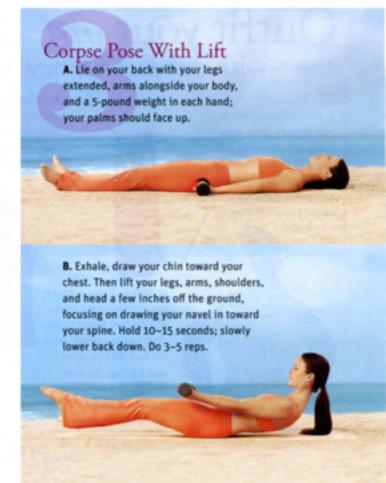
### For your BELLY

#### Chair Pose With Revolving Twist

- A. (Left) Stand with your feet together and a 5-pound weight in each hand, palms facing in. Bend your knees, keeping the weight on your heels while pressing your inner thighs together. Then bend your arms, bringing the weights to the center of your chest; your palms should face each other.
- B. (Above) Keeping your inner thighs and knees together, draw your navel in toward your spine as you twist to the left; simultaneously shift your hips to the left (don't let your right knee move forward). Return to center, then repeat on the right to complete 1 rep. Do 3 sets of 8–12 reps.

## Boost the yoga benefit

no burn rat and uncover the glorious new muscles you're sculpting, add so minutes of cardio exercise—such as walking, running, cycling, or using the elliptical machine—a few times a week





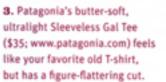
# Outfit your om with our favorite new yoga gear

 Before heading out to your favorite après-yoga coffee joint, cover up with Water Girl's organic-cotton Basque hoodie (\$54; www .patagonia.com). It's so soft, we bet you won't want to take it off.



2. Stay hydrated with the superconvenient Camel-Bak .75-liter Better Bottle (\$12; www.camelbak.com). We love the bite valve, which brings the water straight to your lips—no cap-unscrewing or bottle-

tilting required.





4. For sheer versatility, we love Horny Toad's Scout Crop capris (\$48; www .hornytoad.com). They move easily with you through every pose and are stylish enough to wear when hanging out at the corner café afterward.



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 Post-class, give your feet a treat by slipping into Ecco's cute, oh-so-comfy Manta Ray Clogs (\$80; www.eccousa.com).



6. Your hands and feet won't budge on Hugger Mugger's gorgeously colorful Nature Collection <sup>1</sup>/s-inch sticky mat (\$26.95; www.huggermugger.com).

on other side to complete 1 set. Do 3 sets.

 Tote your mat in style with Gaiam's saucy pink Maxwell Mat Bag (\$30; www.gaiam.com), complete with outside pocket for your cell phone and ID.

## Famously fabulous yoga bods

Just a few of the many celebs who got their awesome abs and butts with help from yoga: (from left) Christy Turlington, Angelina Jolie, and Eva Longoria.

