

# FASHION

Heather Marks

**skin that glows**

How to have it right now

**next top model**

Pretty Canadian to pretty famous



Fashion Targets Breast Cancer. You should, too!

**spring fever**

Gorgeous dresses, flirty tops and sexy sunglasses

**get lean!**

Best yoga & pilates in Toronto

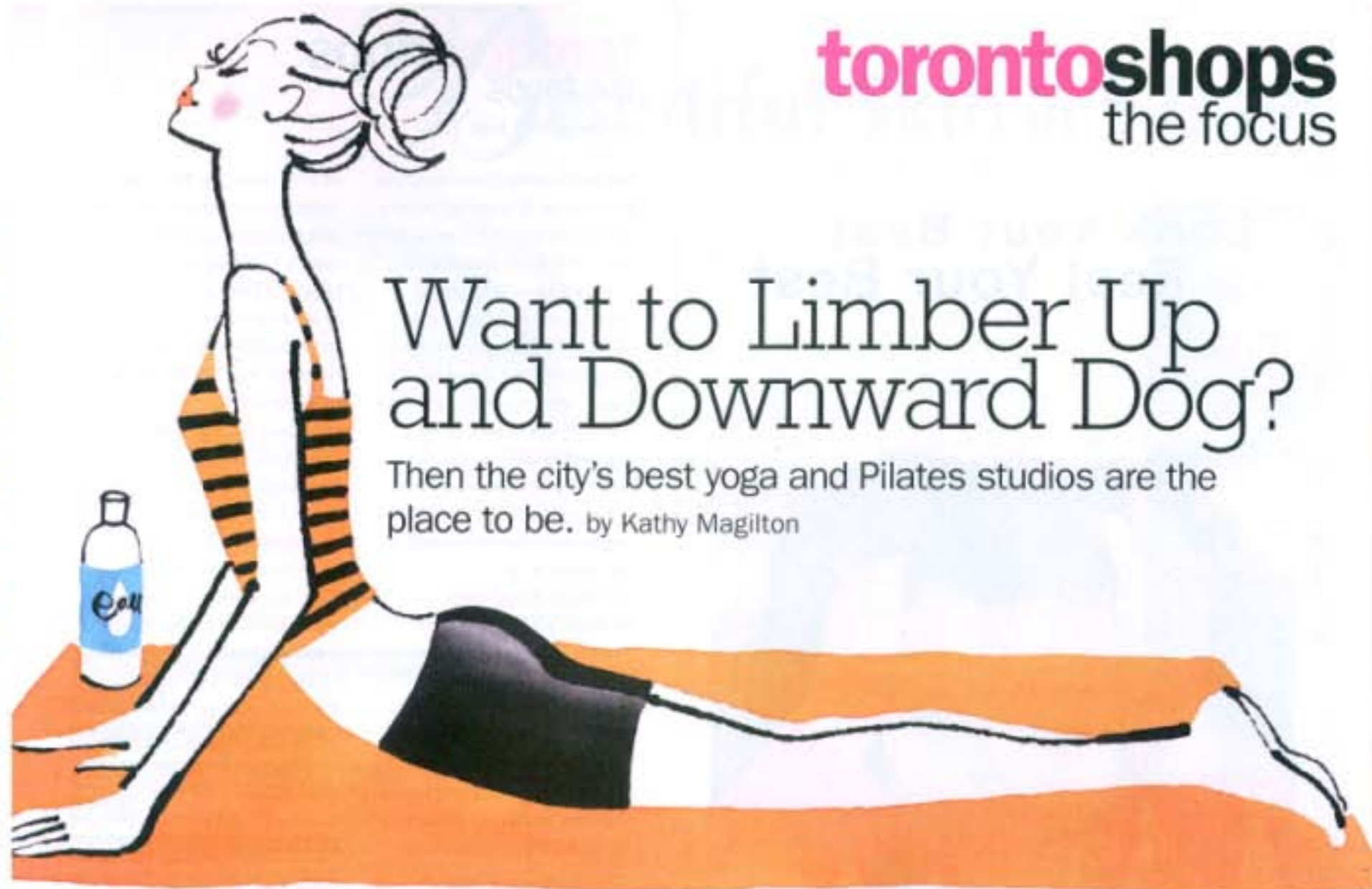
**Canada's most stylish**

Moms & Daughters

**torontoshops**  
the focus

## Want to Limber Up and Downward Dog?

Then the city's best yoga and Pilates studios are the place to be. by Kathy Magilton



### Yoga 101

**Ashtanga:** If you can't sit still, this yoga's for you. A vigorous and dynamic style, Ashtanga boosts strength and agility through asanas (postures) that flow non-stop from one to the next.

**Bikram (or hot yoga):** This challenging "healing" yoga, named after founder Bikram Choudhury, is taught in a room heated up to 40-plus degrees, so prepare to sweat—a lot. The temperature is meant to increase flexibility, and the faithful swear by Bikram's power to detox and cure everything from skin conditions to heart disease. (While some use the terms Bikram yoga and hot yoga interchangeably, only Choudhury-certified instructors can claim to teach Bikram.)

**Hatha:** The most common yoga in the West, Hatha emphasizes two main elements: controlled breathing, and poses held for longer periods, to allow meditation.

**Kripalu:** Dubbed the "yoga of the heart," Kripalu releases unconscious emotional tensions in a three-step program. In the first stage, the focus is on coordinating breathing and movement, and each asana is held briefly. Next, meditation is introduced, and poses are

held longer. Finally, students go through a flow of asanas based on their own intuition—a spontaneous "meditation in motion."

**Power yoga:** A Western take on Ashtanga yoga developed by New Yorker Bender Birch, who brought yoga as physical therapy for athletes to North America.

**Pre- and postnatal yoga:** This mellow version of Hatha is made for moms (new and expecting). Tangible results include reduced swelling, pain and insomnia. Also, with the focus on mind-body awareness, it helps women adapt to their physical changes.

### Pilates 101

**Cadillac (or trapeze table):** Like a jungle gym for grown-ups, the Cadillac is an adjustable, multi-purpose piece of Pilates equipment with a large metal frame and various straps, bars and springs that support and challenge the body throughout the exercise series.

**Reformer:** A narrow, flat piece of equipment, it features a rolling platform, springs for resistance, and attachments, allowing a variety of gentle but still challenging exercises. Perfect for those going through physical rehab, as they are supported while learning to move again.

### Hot Yoga

#### Bikram Yoga Beaches

1911 Queen St. E., 416-686-2584, bybtoronto.com. Consisting of 26 poses and performed in a 40-degree room, Bikram yoga is said to promote increased circulation, release toxins and enhance flexibility. This studio embodies all of these goals while conceding nothing on the aesthetic front.

Exposed brick, gleaming hardwood floors and keen attention to cleanliness—key when profuse "glowing" is a primary goal—are all tucked away behind an oh-so-urban garage-door-style storefront. All sessions are 90 minutes, except for express one-hour lunch classes on Tuesdays and Thursdays. Rates: first class \$20; second class free; single class \$17; five classes \$75; one month \$150.

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