

PILATES AND YOGA

Improve your posture, get toned and find a new sense of inner calm at these yoga and Pilates studios.

Absolute Yoga Singapore

#02-01 Valley Point Shopping Centre (flagship), 491 River Valley Rd, 6732-6007; 2/F, 157A Telok Ayer St., 6223-8254

The yoga studio previously known as Yogaffinity Hot Yoga has opened a brand-new flagship boutique studio in April 2007, and renamed itself Absolute Yoga. Holding weekly classes in two specially-designed yoga rooms with customized heating systems that are heat the studios to 38 degrees, this studio specializes in hot yoga—but lately more varieties of yoga, such as Hot Flow and Yin Yoga classes, are also available. The trainers here are experienced and will help you out, so don't worry. ♀

Bikram Yoga City Hall

#02-14 Raffles City Shopping Centre, 252 North Bridge Rd., 6339-6639

Officially authorized by the Bikram Yoga College of India, Bikram Yoga City Hall is the only studio in Singapore to follow the original hot yoga practice judiciously. Here all aspects of the studio, from its carpeted floors, set routine of 26 hatha yoga postures, two breathing exercises, to its 40-degree temperature are strictly monitored to comply with the Bikram's standards.

♀



Bikram Yoga City Hall

COMO Shambhala Urban Escape

#06-05 Forum The Shopping Mall, 583 Orchard Rd., 6735-2163. Part of the COMO group, this stalwart yoga center is a pioneer in the instruction of hatha and ashtanga yoga in Singapore. Classes are conducted in small, intimate and personalized groups. Private yoga, Pilates and pre-natal classes are available upon request. Special workshops and seminars are helmed by visiting experts, many of whom lead retreats at international COMO establishments. There are accessories, products and apparels sold at the center as well. ♡. B.

Ivana Daniell Studio

#09-06/07 Camden Medical Centre, 1 Orchard Blvd., 6736-2991. With over 16 years' of experience behind her, Ivana Daniell and her team of instructors teach classes in Pilates and Gyrotonic—two very different movement systems, although both are performed on specially designed pieces of equipment which simultaneously stretch and strengthen muscles, and develop coordination. The international team is professionally qualified and in tune with developments in their field. Both individual and group classes are available, with Pilates group classes capped at eight people. Gyrotonic classes are usually private and conducted with only one person in the class. ♡.

Pilates Bodyworks

#19-01 Commerce Point, 3 Phillip St., 6550-8922. The first Pilates center in Singapore and Asia, Pilates Bodyworks is the largest Pilates studio in Asia at 6,500 square feet. It's accredited by the

Pilates Method Alliance (PMA) as a comprehensive education organization. Good news for huge Pilates fans—the full repertoire of Pilates work is available here—as well as the Full Sports Massage Therapy. Helpful instructors will help you have fun, beneficial Pilates sessions for improved stamina, strength and well-being. Another studio is planned to open next year. ♡.

Pure Yoga

#18-00 Ngee Ann City Tower A, 591 Orchard Rd., 6585-8471; #04-00 Chevron House, 30 Raffles Place, 6304-2253. With four studios in Hong Kong (where it first started), one in Taipei and two in Singapore, Pure Yoga has a strong regional presence. It's the place to hit for a good yoga workout—over a staggering 320 classes in traditional and contemporary yoga practices are offered weekly. Workshops with acclaimed yoga masters are often organized. Don't fret if you're a beginner, because the teachers are experienced and patient and will guide you through your classes. The retail section offers quality yoga gear from brands like lululemon, athletica, prAna, Mari Dade and Carrot, and Banana & Peach—plus yoga accessories, CDs and books. ♡. B.

Sky Pilates

#05-03 Liet Towers, 541 Orchard Rd., 6100-7597. This Pilates-only studio is built firmly on the pillars of strength, flexibility and posture. It prides itself on providing top-quality fitness. With a scenic view over the trees in Orchard Road, this studio uses proper Pilates equipment and has fully trained teachers who teach up to about 40 small classes per week. Lately, they have started offering group



Sky Pilates

Gyrokinesis and Gyrotonic equipment classes.

Those who like looking good when they work out should head here—as these guys have a retail outlet for exercise clothes.

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Comfy Togs

Absolute Yoga (2/F, 157A Telok Ayer St., 6223-8254) stocks some funky yoga clothes that you can buy to wear before or after your yoga sessions. Many of them are sweet-absorbent and comfortable, and are easy to wear. Brands available are Be



Present and lululemon, with the latter stocking nylon and lycra tops. You can also buy Nike bra-tops here as well. Bottoms are also available—most of them in cotton.

True Yoga

4F & 6/F, Pacific Plaza, 9 Scotts Rd., 6733-9555; 22/F, Ocean Towers, 20 Raffles Place, 6536-3390

The largest premier yoga center in Singapore, True Yoga is huge—and we mean huge. The outlet at Pacific Plaza is a sprawling 16,000 square feet and offers 35 types of yoga, along with four yoga studios and a VIP Black Card lounge that comes with luxurious massage chairs for members to relax in. The Raffles Place outlet is 18,000 square feet, with panoramic views and six yoga studios to cater to its large member base. More than 400 classes each week are offered—covering 35 different types of yoga like hot yoga, ashtanga yoga, hatha yoga, Pilates—plus Bollywood dance and fusion dance classes. Check out True Bliss, True Yoga's in-house yoga apparel. ♀, ♂

psychic readings, astrology and clairvoyants, and you'll get the idea. They have also begun holding educational workshops to empower the mind, body and spirit, as well as pre-natal and children's classes. Across the road is the Whatever Concept Store and Lounge and the Whatever Bookstore & Café (6224-0300), which serves creative organic vegetarian dishes. Their bookstore is dedicated to books on self-help, philosophy, spirituality, health and a wide range of esoteric, metaphysical and new-age subjects. ♀

Whatever Yoga and Healing Space

37 Keong Saik Rd., 6221-0300; 6224-0300; Whatever Cafe & Bookstore, 20 Keong Saik Rd.; Whatever Concept Store & Lounge, 18 Keong Saik Rd.

The courses and therapies here include ashtanga and hatha vinyasa yoga, meditation and integrated health—including homeopathy, intuitive massage, reiki and angel therapy. Courses, therapies and workshops are offered here—as well as intuitive services—think along the lines of tarot cards,

The Yoga Place

King George's Building, 328B King George's Ave., 9270-2670. Ashtanga yoga devotees who like intimate classes rather than sprawling yoga studios can head here—where classes are capped at seven students per class. The Yoga Place's resident instructor, Raj, conducts classes in this cardiovascular style of yoga three times daily—morning, afternoon and evening. The classes are loads of fun, thanks to the small numbers and Raj's lively sense of humor. ♀