

# Goal 3: Pick up a new exercise


This month:  
**Do Yoga**

When Jenn appeared naked on the cover of *GQ*, we all wanted to know how she kept so fit at 40. Her secret? Yoga. She's such a fan, she even flies in her yoga instructor to be with her on sets! Here's all you need to know about the sport, no matter your fitness level.



## Salute to a leaner you!

Yoga isn't just a series of stretches — it's an exercise that helps create balance in the body by building strength, endurance and flexibility. For a workout that meets your fitness needs, you'll need to pick up a specific yoga style.

	You want to take things easy Go for... <b>Hatha Yoga</b>	You want to take things up a notch Go for... <b>Vinsaya flow yoga</b>	You want to do some serious work Go for... <b>Bikram yoga</b>
<b>What is it</b>	A slow-paced stretching exercise that aims to rejuvenate the mind and body via basic yoga poses, breathing techniques and seated meditation.	It's not just about stretching. You'll learn how to move from one pose to the next on an exhale or an inhale, so the poses run seamlessly to become like a dance.	Usually practised in a room heated to 40°C, each class consists of two breathing techniques and 26 poses to target every inch of your body.
<b>Calories burnt in 60 minutes</b>	175 = A CAN OF COCA-COLA	445 = A SERVING OF IPOH HOR FUN	630 = A SERVING OF OYSTER OMELETTE
<b>Final notes</b>	According to a <i>Journal of Strength and Conditioning Research</i> study, Hatha yoga raised VO <sub>2</sub> Max (the maximum amount of oxygen one can utilise during intense exercise) readings half as high as walking did. However, this makes it ideal for beginners as you can focus on building strength.	Because Vinsaya flow yoga doesn't follow a particular philosophy, how a class plays out really depends on individual instructors. It is, however, more cardio-intensive than hatha yoga, so a session can feel like circuit training because of the flow from one pose to the other, resulting in an increase in heart rate.	Each class features the same set of moves so it creates a structure for you to gauge where you are physically and how you can work to improve with each week. It doesn't just help you elongate your muscles for a slimmer silhouette, the heated room also raises your heart rate, making it the most cardio-intensive out of all the yoga styles.

WHERE TO PICK UP THE SPORT

### 1. Absolute Yoga

Absolute Yoga was the first to introduce the idea of doing yoga in a heated room to Singapore. Classes are kept small so the trainers can give you the attention you need to improve.

Visit [www.absoluteyogasingapore.com](http://www.absoluteyogasingapore.com) for more information.

### 2. Om Shiva Yoga

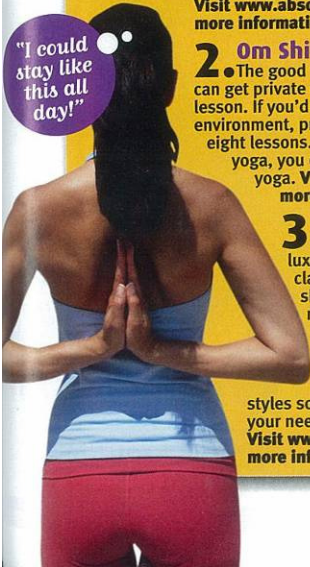
The good thing about this yoga studio is you can get private one-on-one sessions for \$100 per lesson. If you'd rather learn in a group environment, prices are affordable at \$120 for eight lessons. Although it doesn't offer Bikram yoga, you can pick up hatha and Vinsaya yoga. Visit [www.omshivayoga.com](http://www.omshivayoga.com) for more information.

### 3. True Yoga

What True Yoga offers is luxurious facilities on top of their classes. Besides steam rooms and showers, there's also a members relaxation lounge and a juice bar for you to indulge in a truly calming experience.

True Yoga also offers an extensive range of yoga styles so finding one that meets your needs will be effortless. Visit [www.trueyoga.com.sg](http://www.trueyoga.com.sg) for more information.

"I could stay like this all day!"



#### What to wear:

Loose-fitting clothes are best. Anything that's tight would only restrict your movements. Tight clothes may also constrict blood flow, making it harder for you to adopt the correct breathing techniques.