

Westcoast

OUTDOORS

Super
Dave
facts

Check out the Richmond Flatland 5/10 km run this Sunday. For details call Rackets & Runners at 604-720-8534 or go to <http://flatlands.racketsandrillers.ca/> Dave's hot sites this week are: yoga.com, yaletownyoga.com, vancouvergyoga.com.

METRO VANCOUVER



PHOTO COURTESY DAVE NORONA

Students practice several different positions at the Yaletown Yoga Studio during a recent visit by columnist Dave Norona.

Learn about your body

Yoga can leave you feeling rejuvenated, even euphoric

By DAVE NORONA
for Metro Vancouver

AS I STEP THROUGH THE doors of Yaletown Yoga Studio, I am welcomed by friendly smiles. This is my first time participating in a yoga class and the anticipation and intimidation washed away as soon as I met up with my friend Leah, who inspired me to come and see what Yoga is all about.

Leah introduced me to Heather and Steve, who own Yaletown Studios, and

they quickly showed me around and gave me a few quick tips before I changed and made my way into the yoga room.

As soon as I entered the room, I was welcomed by a rich aromatherapy smell and warm air that quickly eased my muscles. I picked a place on the floor, unrolled my mat and began to do some easy stretches. There is no talking in the room and this was weird for me at first, but after a few minutes I welcomed the quietness, which allowed me to find my inner harmony.

Soon our instructor entered and welcomed everyone. She eased everyone into the first position of Child's Pose and Downward Dog. I

glanced around the room to make sure I was doing it right. The neat thing about Yoga is that it is all about finding your own rhythm of breathing and movement. There is no right or wrong but rather an ability to find improvements in the movements as you go from one pose to another.

As the class moved on, I felt more relaxed and found that everything else slipped away. If I could not hold a pose for as long as the desired time, I simply moved back into Child's Pose and rested for a few minutes before continuing. There were definitely certain positions I felt very weak in, however, as I listened to the instructor give

us tips on areas to focus on, I could feel myself being able to hold the position longer and it felt easier to do so. Very cool!

Near the end of class I did not feel tired but rather re-energized. It was not that I did not feel the workout but all the movements and poses seemed to rejuvenate me and I felt very euphoric.

Yoga to some may seem too spiritual, however, if you give it a try you will find that it forces you to stop, listen and learn more about your body. Each time you go you will be able to find that harmonious place faster and easier and enjoy the benefits of a well-balanced way of living.

GEAR guide



LULULEMON PLAYOFF TECH SS

Description: Be comfortable while doing yoga or any other activity with Lululemon's men's Playoff Tech Top that is anti-stink, anti-static and therapeutic. It's preshrunk, chafe free and has side pocket for a key or your gym pass.

Price range: \$49
Where to find it: lululemon.com

MOUNTAIN HARDWEAR WOMEN'S WOOLY PULLOVER

Description: Slip into this ultra light and toasty warm pullover after Yoga or any other activity. Stretch cuff, drawcord collar and a micro-chamois lined chin keep out the chill of fall.

Price range: \$149
Where to find it: mountainhardwear.com



LULULEMON WARRIOR SHORT

Description: The Warrior four-way stretch short is perfect for any sport or activity that requires movement. The flat seams are chafe-free and these shorts have great wicking properties to keep you dry and styling on your adventures.

Price range: \$89
Where to find it: lululemon.com

ECO MAT

Description: Lululemon's Eco Mat is sticky so it will stay in place while you're twisting into a pretzel. It's non-toxic, recyclable, bio-degradable and comes in two unique colours.

Price range: \$34
Where to find it: lululemon.com



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