

HEALTH, WELLNESS, ECO-LIVING & DESIGN

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**FITNESS
ISSUE**

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**15 COMFORTING
BEAUTY PRODUCTS**



great yoga

AROUND THE COUNTRY

What makes a great yoga studio? Solid teachers, maybe an inspiring room to practice in, a convenient schedule, and a very real sense of community. Each unique venue we profile here offers something truly exceptional to its students. Power up your own posture practice by visiting one of these innovative outlets any chance you get. Upward Dog, anyone?

By **The Editors**

yoga works

An empowering commitment to community is very much a part of everything at Yoga Works studios from coast-to-coast. These large, Buddha-filled stadiums seem to attract a passionate group of teachers who, in turn, nurture a compassionate and steadfast group of students. Commitment is also the driving force behind the company's do-good work in public schools; weekly educational events open to the public, and teaching the disadvantaged.

SIGNATURE: Sheer diversity. Yoga Works literally offers hundreds of unique classes per week, per studio, from Ashtanga and Iyengar to prenatal yoga and mixed flow classes in all styles, and available to every fitness level.

WHERE: 25 studios in New York and California; yogaworks.com

sunstone yoga

Top-quality certified instructors lead high-intensity flowing power yoga in specially heated rooms. Here you will reduce stress, increase strength, improve flexibility, balance your muscles, and, yes, even improve the quality of your life. There's a very loyal and dedicated early morning group of students who religiously attend 6 AM classes, too. Heated rooms like these are touted for helping arthritis-suffers and others with joint pain move into postures they normally would not even try.

SIGNATURE: Practicing Hot Yoga in a heated room internally warms your joints and muscles, which helps even the most inflexible folks become supple. (Pssst: Hot yoga practice feels especially good during chilly winter months!)

WHERE: 15 studios in Texas and Colorado; sunstoneyoga.com



the marsh Center for Balance and Fitness

Open 365 days a year, this 67,000-square-foot behemoth is located on scenic marshlands and maintains a large staff of certified yoga instructors and personal trainers for one-on-one practice, as well as a slew of gentle sessions, such as breath-centric Kripalu Yoga. Committed to providing an authentic environment, which inspires a healthy attitude toward life, The Marsh is open to the public and class headliners include yoga, Tai Chi, and Pilates workouts.

SIGNATURE: Body Work. The Marsh Spa next door specializes in sports massage, acupuncture, and facials after a tough class or training session. People start off coming to the center for the yoga but stay for decades because of the spa.

WHERE: Minnetonka, Minnesota; themarsh.com

sanctuary for yoga

From the first 6 AM class called Yoga Latte ("the natural way to wake up!") to the Vinyasa Flow classes, nearly every hour on the hour, there are great things happening in Nashville's yoga scene. This pretty, terra-cotta studio offers live drumming classes on Fridays, Ayurveda sessions, children's yoga sessions, live musicians, and a dedicated community of fit and funky practitioners.

SIGNATURE: Yin Yoga. This style uses long, passive holds to work on the deep, dense connective tissues of the body—the tendons, ligaments, and cartilage—which are difficult to energize and open. Yin's non-flowing practice settles you into deep poses (think splits and twists) for 2 to 4 minutes per pose to draw you inward.

WHERE: Nashville, Tennessee; sanctuaryforyoga.com

