

**THE ONE THAT** got us was Yotox. The thought of those ancient, authentic postures and Botox in the same (deeply inhaled) breath was so unlikely, we knew yoga had gone wild. Everywhere you look, people are hybridizing, specializing, and glamorizing this 5,000-year-old Eastern practice into dizzying spin-offs. You can take classes in Yogilates (yoga with Pilates), Iron Yoga (with weights), Laughter Yoga, YoChi (with tai chi), and Russell Simmons's Yoga Live series (doing your asanas to hip-hop)—all of which seem tame next to Naked Yoga (right: no clothes). You can find yoga for menopause symptoms, digestive difficulties, depression, aging (Yotox fuses restorative poses with rejuvenating exercises for the face and body). But if you're looking to cure a specific ailment, you may be missing the point. All yoga "is about finding balance between the physical, the mental, and the spiritual," says Rodney Yee, a nationally known yoga instructor. Whatever kind of class you take, Yee says, the important question to ask yourself afterward is: "Do I feel incredible?" With that in mind, if you still want your yoga with a twist, here are some of the more inventive options:

### ■ DOGA

**What:** The downward-facing-dog pose taken literally. Doga is "dog yoga,"



a class geared specifically toward owners and their pooches. In New York, dog trainer and yoga instructor Kari Harendorf has created a 45-minute class in which humans assist dogs through sun salutations; they also learn some calming pet massage along the way. The dogs give a helping paw to their pals during the human part of the practice.

**Where:** Harendorf's East Yoga studio (eastyoga.com) in New York City. Check your local studios as well.

### ■ PUNK ROCK YOGA

**What:** A flowing, hatha-style (see "The Classics," below) class offered in unconventional settings such as nightclubs, theaters,

and workplaces. It's the brainchild of Kimberlee Jensen Stedl, a Seattle yoga instructor who started it in 2003 to attract young people. Now she has a loyal following of all ages. The name has less to do with the background music offered (all kinds, Stedl says) than the punk philosophy she endorses (buck the establishment, embrace individuality).

**Where:** Seattle and New York City, with other cities on the horizon. Go to punkrockyoga.com for schedules.

### ■ YOGA AND CHOCOLATE

**What:** Yoga instructor David Romanelli, of Yeah Dave Yoga, and his college friend

Katrina Markoff, owner of the Chicago-based Vosges Haut-Chocolat, an exotic fine chocolate company, had the brilliant idea of mixing chocolate with yoga in a way that they promise heightens the experience of both.

"After yoga, you are more present and focused," says Romanelli, "and you'll be amazed by the symphony of flavors you can taste." His 90-minute class often begins with a sample of Red Fire truffle (a mix of Mexican ancho chili pepper, Ceylon cinnamon, and dark chocolate) to get the energy flowing, gears up midway with a taste of plain dark chocolate, and ends with Naga (a milk chocolate, Indian curry, and coconut truffle, a delicious nod to yoga's source). Sign us up.

**Where:** Romanelli offers weekend Yoga and Chocolate workshops at studios around the country. For a schedule, go to yeahdaveyoga.com. And you can try it at home: A Yoga and Chocolate Chakra box, which includes seven truffles and a guidebook linking each to a yoga posture, is available at vosgeschocolate.com.

### ■ AND WHAT EXACTLY IS YOTOX?

It incorporates yoga poses, acupuncture, breathing, and vocal exercises that will, according to its creator, Annelise Hagen, tone and lift facial and neck muscles, and give you "vacation face all the time." Yotox is offered, for example, at the New York Health & Racquet Club in Manhattan, but you can give yourself your own yoga facial by following the exercises at yogasite.com/yogafacials.htm.

—NAOMI BARR

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## The Classics

### ■ ALMOST ALL the hybrids

(with the possible exception of Doga, which is its own animal) have roots in hatha yoga, a practice that focuses on the postures rather than meditation. Some of the more established versions of yoga that have come from India:

#### ■ ASHTANGA

**Celebrity devotee:** Madonna. **The basics:** Fast-paced and physically demanding. You do up to six series of asanas (poses) without stopping, and classes tend to

go longer than an hour. (ashtanga.com)

#### ■ IYENGAR

**Celebrity devotee:** Annette Bening. **The basics:** Slow pace; includes props (such as rolled up blankets, blocks, and straps) to make attaining positions easier. The focus is on precision and alignment. (bksiyengar.com)

#### ■ KUNDALINI

**Celebrity devotee:** David Duchovny. **The basics:** Breathing, chanting, visualization, and asanas focus on stimulating energy stored at the base of the spine. The goal

is to cultivate joy and awaken the body. (3ho.org)

#### ■ BIKRAM

**Celebrity devotee:** Shirley MacLaine. **The basics:** Very hot in Hollywood. You move through a series of 26 asanas in a room heated to as high as 100 degrees. The drenching workout is controversial; some yoga instructors believe it's better to allow your body to heat up naturally with poses and breathing, rather than from artificial heat. (bikramyoga.com)

—DANA SULLIVAN