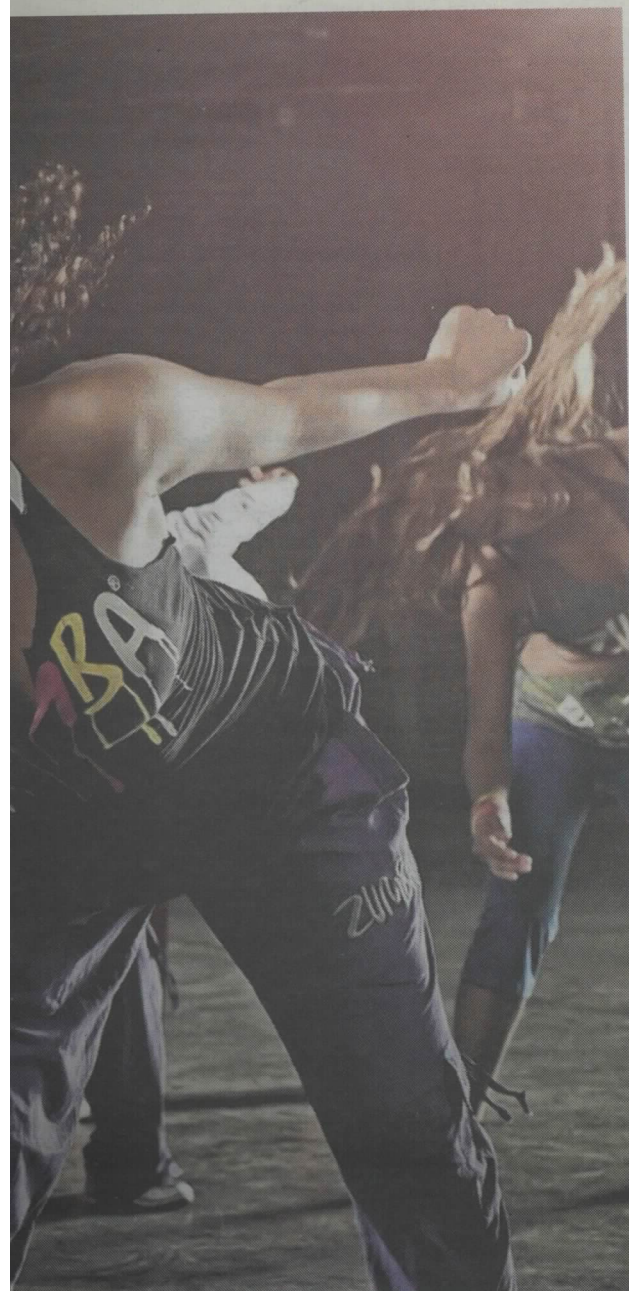


body&soul new year new you



50s

Home yoga

Amy Ku Redler
07956 911159
yogamassage.co.uk

Aim To fit yoga into a busy lifestyle.

USP Amy comes to you.

We say The reason I don't exercise in the morning during the winter is because it is too darn cold to go from bed to street within minutes of waking up. And if I do make it to the gym, I lack the self discipline to do much at all.

Amy comes to your house, eliminating problem A, and stays there for an hour, eliminating problem B. There is no escape. Not that you'd want to. Her 20 years of experience is all too obvious as she tailors an hour's yoga session to one's body, needs and problem areas, expertly applying pressure and offering encouragement when necessary. Within an hour of waking up I felt toned, calm, strong, and ready to tackle the day. As the years go by, and life becomes busier, exercise — especially toning — becomes more and more important, and less and less possible. Home exercise might be one of the best investments of the decade. **Price** £75. Amy offers yoga, yoga massage, Thai foot massage and Pilates, among other things. She also organises yoga holidays and teaches around London (details on website). **AJ**

Body-Rocka

bodyrocka.com

Aim To add some excitement to my daily pelvic floor exercises.

USP Uses the twin levers of body mass and balance to develop core body strength.

We say You may recognise this product from *The Apprentice* — it was developed by candidate Philip Taylor in one of Lord Sugar's challenges. I had some minor problems balancing but after a few minutes I got the hang of it. It comes with a leaflet of suggested exercises, developed with fitness expert Kathryn Freeland, which are familiar (crunches, press ups) and easy to

training for sports such as skiing (I used it for ankle strengthening in preparation for a snowboarding trip). It remains to be seen whether this gadget is just a gimmicky way of doing exercises that you could just as easily do on the floor, but it did feel like my core had been given a good workout. **Price** £34.99, available at Argos or bodyrocka.com (a minimum donation of £25,000 from the sales of Body-Rocka will go to charity partner Cancer Research UK).

IS

60s

Gyrotonics

New York Pilates, 43-47 Lonsdale Road, Queens Park, London, NW6 6RA
020-7372 3490
nypilates.co.uk

Aim Beautiful posture, muscle tone to die for, without actually dying for it.

USP Stretches and strengthens muscles, while stimulating the connective tissues around the joints.

We say I've long been fascinated by the Gyrotonics Tower in my local Pilates studio, but the one time I tried it, it seemed a bit esoteric and I didn't really understand it. Like Pilates, Gyrotonics comes with its own formidable equipment — as well as the Tower there's the Jumping, Stretching Board, the Archway... and like Pilates, you get the maximum benefit from one-on-one sessions. Every exercise is based on spirals and undulations, mimicking how your muscles move and on emphasising mucho lifting of the pelvic floor.

It felt incredible — like an intense massage for an achy back and stiff neck and shoulders, with some anaerobics thrown in. I rarely gush about exercise, but this was great — and it's good for any age group.

Price £73 for one session or £54 a session if you buy a block of 20. **EL**

For men

Extreme sports massage

60 Sloane Avenue, London, SW3 3DD
020-7590 6146

blissworld.com

Aim To alleviate back pain.

USP Firm pressure but deeply relaxing.

We say With a fractured ankle and an ever-aching lower back, I jumped at the chance for a little tailored therapy. I was

40s

Contributors
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Ten Pilates

ing Hill, Mayfair, Chiswick...
cow tenpilates.com

Toned, graceful body without
g of boredom.

Fast-paced sessions based around
nfamous reformer machine.

ay Lots of repetitions, a maximum
n students per class and pumped up
ic Ten Pilates would probably