

Giving Back

IN THIS MONTH'S FLURRY OF SEASONAL MADNESS, WE ENCOURAGE YOU TO SIT BACK AND TAKE A DEEP YOGIC BREATH.

If you're one of many afflicted with last-minute shopping durese, head right to our Gift Guide, where we're giving back first. We've rounded up the latest and greatest of the upcoming year, offered charities that you can give to, and have most of our gift guide available to win! Generosity is in the air.

Enjoy a sneek peak on the yoga mats of Hollywood stars; find out what style they're practicing and the benefits they've received. We guarantee it's not what you're expecting. From shining stars to glimmering gems, you'll see every studio we've ever featured in this issue of Stretch in the City. Find your fave among the list, let us know of some gems that we've missed, or

venture outside the "old familiar" in 2015.

Cozy up by the fire with a heartwarming story of healing through yoga, or learn the science behind the power of thanks in Attitude of Gratitude. But beware, things start heating up in the debate over whether to use Sanskrit in class. Should we honour tradition or get with the times?

Tradition saide, Enlighten Up will inspire compassion and generosity when we reveal a modern-day Santa Claus hero. But amidst all the giving, we remind you of the importance of selflove: read why saying "no" means "yes" in Sweet Etiquette, and learn a ten-minute sequence to support this intention in Do Yoga.



Finally, we've got the spark to ignite your New Year, offering you more Bounce to the Ounce in our Bosu Ball workout with a healthy dose of motivation in Alvin Brown's article on the power of change.

FROM OUR HEARTS TO YOURS, WE WISH YOU THE BEST! HAPPY 2015!

Fred Antwi, Publisher



FRANCICOHEN has a no nonsense approach to fitness, health and life! She is a personal trainer certified nutritionist, exercise physiologist and creator of SPIDERBANDS®, a totalbody cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling. FRANCICOHEN.COM



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Bosu Body Blastoff!

WANTA CALORIE TORCHING WORKOUT

and toning fused into one action-packed hour? Well and anaerobic intervals as exercises, using the of the bosu dome and the 3.24 g-force of the mini

YOU'LL BEGIN → with aerobic intervals on the floor.

HHEN jump start your heart rate with some anaerobic plyometrics on the bosu, and

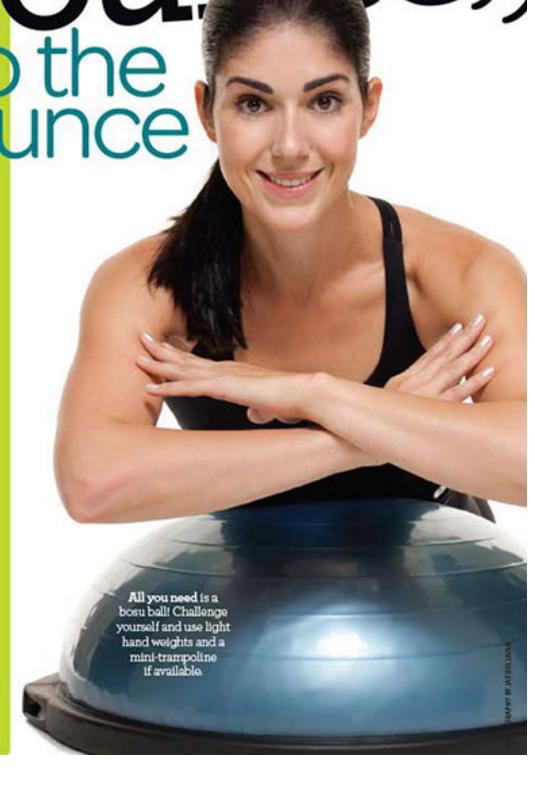
FINALLY -> DO toning using the bosu as well.

FINISH → with some martial art madness on the mini-tramp to stimulate the lymphatic system and shed that stubborn cellulite and excess baggage.

WORKOUT TYPE total body

EXCLUS! lower body strength.

TARCISE the rectus, transverse, and oblique abdominal muscles; the quads, hamstrings, and glutes.





BESURE TO EXTEND YOUR ARMS FULLYOVER-HEAD WITH EACH JACK

2. Shuffle around your bosu

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(each direction)

(each direction)

Power squats on and off the bosu

REPS: 32

You can also try this with the bosu flipped over. Either way, be sure to centre your feet in the middle.

ON BOTH THE POWER ON AND OFF, TRY TO MAINTAINA RIGHT ANGLE ATTHE KNEES, AND DON'T LET YOUR KNEES PASS IN FRONT OF YOUR ANKLES, KEEP YOUR WEIGHT SHIFTED TOWARDS YOUR REAR INSTEAD, WHERE YOU WILL WORK AND BENEFIT THE MOST.

when power squatting onto the bosu, try to land directly on the bullseye (centre) of the dome



Bosu

This workout juxtaposes both aerobic and anaerobic intervals as well as stationary toning exercises.





