

Get Fit **Now!**

WORKOUTS THAT WORK

With thousands of fitness options to choose from in Philadelphia, how do you find the best one for you? Grab your sweats. These workouts rise above the rest.

**"I COULD REALLY USE A CALMING YOGA CLASS
(BUT WHO HAS TIME TO GET TO A CALMING YOGA CLASS?)"**

The workout: Private yoga instruction
with Nicole Chemi

You don't need to know your dogs from your cobras to benefit from Chemi's personalized practices—this is yoga for all levels. Chemi asks detailed questions about your life (what causes you the most stress?) and level of fitness (where are you flexible?). Then she walks you through a comprehensive hour-and-a-half practice, gently adjusting posture and prompting breathing. You leave with a tailored at-home practice, a prescription for yogic Zen in your own living room.

Who takes It: Yoga fans—beginner and experienced—who just can't commit to a regular schedule of classes.

Our road test: Not the most physically taxing yoga practice available, but with its focus on fitting fitness into a hectic lifestyle, it is one of the most accessible. Plus, Chemi's meditative voice and gentle instructions ensure that you leave class more rested than you arrived. —
April White

East Eagle Yoga, 18 East Eagle Road, Havertown, 610-789-6789; by appointment only. \$75.

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