

fitness news



WE TRIED IT DRESS TO IMPRESS

What is it? Yoga studios are popping up across the country, and local yogis are spoilt for choice when it comes to deciding between the likes of Kundalini, Iyengar or Vinyasa. They haven't been spoilt for choice with regards to suitable yoga gear, though. Fortunately, Capetonian Lucinda van Rooyen noticed a gap in the market for quality yoga clothing, and decided to combine her love of fashion and experience in the clothing industry with her love for yoga, by creating yogashmoga.

Tell me more: This range of SA clothing is made from locally sourced fabrics and trims that have been chosen to accommodate the specific demands of different styles of yoga.

The verdict: Very comfortable, trendy and flattering!

For more information: Contact Lucinda van Rooyen on 082 722 7086 or email yogashmoga@mweb.co.za or visit www.yogashmoga.co.za.



STICK A SOCK IN IT

Support breast cancer this month by purchasing your very own pair of pink MHR Ultra running

socks, made of soft mohair. For every pair sold, R2 will go to PinkDrive, which educates the public about breast cancer and helps raise funds. Mohair is a breathable material so it keeps your feet warm in winter and cool in summer. For more information visit www.pinkdrive.co.za

PCS: SHUTTERSTOCK.COM; CELEB: GETTY IMAGES/GALLO IMAGES



CELEB SECRET

Even smoking-hot celebs that seem perfect, like Pussy Cat Dolls front lady Nicole Scherzinger, worry about piling on extra kilos.

'I worried about my weight when I first joined the group because this business is all about image, but then I decided to embrace who I am. I make sure I have a balanced diet and try to be as fit and healthy as possible. I do a lot of dancing, and in order to dance and sing at the same time, I do a lot of jogging. When I'm home in LA, I work with my trainer. I'm disciplined and I work hard'



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MAGAZINE

FOR A YOGA SESSION

Enjoy a great yoga class, rub shoulders with some SA personalities, and receive a goody bag and a three-month subscription to *Longevity* magazine

When: 25 October 2010

Time: 18h45 for registration

Where: Planet Fitness in the Mall of Rosebank, Joburg

Tickets: R50

To book, contact Zebra Square on 011 784 8112 or e-mail admin@zebrasquare.co.za



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