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Fit in the City: Yoga bootcamp where Naomi feels the heat

• New York columnist Ruby Warrington samples a grueling new form of yoga

By RUBY WARRINGTON

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In the heated yoga studio, the sweat is beginning to form on my upper lip. Just a few minutes ago, we were warming up with gentle sun salutations – the traditional flowing move that opens most yoga classes.

Now I'm holding 6lb hand weights and huffing and puffing my way through squats, performed on a step platform for maximum intensity.

And, led by Zander, a ponytailed hunk who looks as if he should be modelling in Men's Health magazine, it is becoming clear that this isn't going to be yoga as my red-faced classmates and I know it.

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Stretch and bend: Yoga devotees Naomi Watts and Reese Witherspoon are pictured here leaving a class in Brentwood, Los Angeles

I'm at the new PXT conditioning class at the slick Pure Yoga studio on Manhattan's Upper East Side: one of several 'yoga bootcamp'-style classes to have sprung up across Manhattan, where gentle stretching and meditative breathing techniques meet high-intensity cardio drills.

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- **'Did yoga then stair master!' Ashley Tisdale shares her hardcore workout routine as she is pictured looking slender in her gym gear**

Inventor Loren Bassett says: 'As much as I love yoga, I've always believed in cross training to stay in peak condition. You can't just do one kind of workout – you need to shock your body to see any real change.'

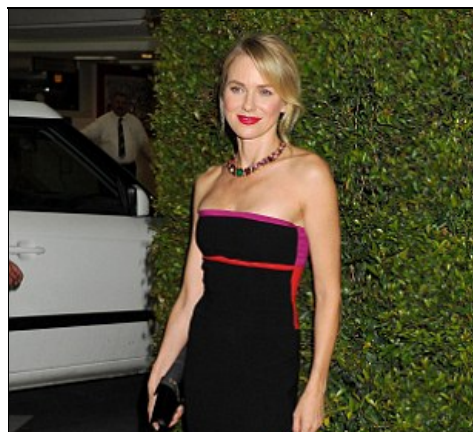
And so she created a class 'where you would leave feeling physically challenged, but also calm and grounded'.

As well as a yoga warm-up and cool-down, some of the muscle-quaking conditioning moves mimic yoga poses – like the 'supta baddha konasana' sit-ups, gruelling crunches with your legs splayed and soles together for an intense core workout.

The yogic principal of 'dharana' – or concentration – is also employed throughout, while Loren encourages the use of a mantra, a sacred word or phrase of encouragement, to help you stay the distance.

'A lot of the time it's the mind that gives up before the body,' she explains.

A similar principal lies behind the success of Taryn Toomey's The Class, an excruciating 75 minutes already a favourite among A-listers



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including actress Naomi Watts.

Taryn describes the workout as 'a morph of yoga-based breath and meditation, coupled with a sculpting, bootcamp-style class'.

Using repetitive movements to music to work a muscle group, you soon enter what Taryn calls the pain room – 'which is when I cue the breath', she says.

'You get to that place where the panic button goes off and you think "no way", but by focusing on their breathing, I want people to learn that they can simply observe what's going on for them while they finish the set.'

Some devotees reportedly experience a physical change after just a few sessions.

Back at Pure Yoga, Zander is wrapping up class with a traditional yoga relaxation. As my heartbeat returns to normal, the hard work is soon a distant memory and I leave relaxed, calm and focused – but dripping in sweat.



Hollywood fans Taryn Toomey's The Class is a 75 minute workout popular with celebrities like Naomi

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There are hundreds of more rigorous yoga classes. Try:

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The Yoga Lounge, Manchester

Or an online class at yogavibes.com

Leaner times a big bonus for politicians

David Cameron's gone dairy-free and George Osborne's doing the 5:2 diet – and looked every inch the statesman (although a few inches less, thankfully, than last time around) when he delivered the Budget this week.

Even Nick Clegg has taking up kickboxing. At last, our politicians seem to be following President Barack Obama and Bill Clinton in setting a healthy example.

Obama holds meetings from his treadmill and Clinton reversed his heart disease and lost two stone by going vegan in 2011. Where America leads, Britain isn't far behind.

But have our alpha males finally realised what Manhattan's twenty and thirtysomething women have known for ages – that eating a healthy diet and keeping fit are the best ways to stay at the top of your game?



Healthy Chancellor: George Osborne is following the 5:2 diet and showed off his weight loss this week, while David Cameron is now dairy free

Secret of success is sleeping longer

Media mogul Arianna Huffington's new book Thrive encourages us to reconsider traditional notions of 'success' and to think about our overall sense of wellbeing.

'In the course of achieving it all, have we left ourselves behind?' she asked when I interviewed her on the topic. Her top tips? Get more sleep and learn how to master technology so that you control it, not the other way around.

A disgusting fermented yeast called kombucha appears to be the new coconut water.

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Has been single for a while...



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classmates

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36-hour mission for film



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► **With the most important man in her life: Supermodel Miranda Kerr and son Flynn melt hearts posing for Vogue Australia photoshoot**



► **FIRST LOOK: Paddington Bear stands outside Buckingham Palace in stills from new blockbuster**
Why does he look like Aleksander the Mberkat?



► **Everyone else pales in comparison! Mollie King wears cutesy pink skirt and white top as she arrives for meeting with pet dog**
With her beloved Alfie



► **Reese Witherspoon and Sofia Vergara goof around in disposable dust masks on the New Orleans set of Don't Mess with Texas**
What goes on on set...



► **The honeymoon is not over! Alec Baldwin plants kiss on Hilaria Baldwin during NYC stroll with daughter Carmen as they near**



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All my hip friends are toting bottles of the brew, which promises to aid detoxification, boost immunity and keep joints healthy.

Hardcore devotees even brew their own from a 'mother' yeast culture, which can be quite dangerous. Personally, I think it's like drinking fizzy vinegar.

Reggae's rythm 'slows the heart'

DOCTOR Frank Lipman of Manhattan's trendy Eleven Eleven Wellness centre (Gwyneth Paltrow is a regular) has told me he sometimes plays reggae to his clients to help them meditate.

'Your brain "entrains" to the rhythms around you, and reggae tends to have about 60 beats per minute – the speed of a slow heartbeat – which tends to slow you down as a result,' he said.

No wonder they're all so laid back in Jamaica.

Do you have a diet or fitness question for Ruby Warrington?

Email us at fitinthecity@mailonsunday.co.uk or write to Health, The Mail on Sunday, 2 Derry Street, London W8 5TT. Ruby can only answer in a general context and cannot respond to individual cases or give personal replies.

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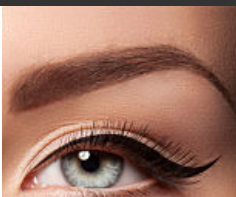


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second wedding anniversary



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She does casual chic



▶ She's a peach! Myleene Klass continues her love of coral shades in a fresh ensemble of a peplum top and pencil skirt
Loves to stand out



▶ Already bald at 45! Hugh Jackman shares photo where he has not a hair on his head... but it's only for new role as Blackbeard in Peter Pan movie



▶ 'Pregnant' Hayden Panettiere displays growing baby bump in one-piece swimsuit on St Tropez break with boxer fiance Vladimir Klitschko



▶ Furry Vengeance: Brooke Shields struggles with pet pooch as she takes dog for a walk with daughter Rowan in New York
One lazy hound!



▶ Cheeky! Chery! Cole twerks up a storm in raunchy dance-fuelled video for Crazy Stupid Love
Her huge rose tattoo is on show



▶ A model kiss goodbye: Cara Delevingne and Karlie Kloss exchange a friendly peck on the lips after a night out in New York
Firm friends



▶ Off to Brazil? Jennifer Lopez 'has decided to perform at World Cup after intense backlash for dropping out'... days after Casper Smart split
Wanted 'more money'



▶ Picking up the Littlest Things! Lily Allen teeters on platform boots as she shops for underwear while flashing trim figure in leggings and denim shirt



▶ Newly engaged Australian singer spoons Lena Dunham during wiggled out performance of Chandelier on TV show down under



▶ Lindsay Lohan missed her brother Cody's graduation... choosing to continue to partying in London instead
Big moment for the teenager



EnglishRose, London, United Kingdom, 2 months ago

Principle not principal. Someone needs a grammar or spelling lesson.

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Their four-year-old son is his main priority



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▶ **TOWIE's Gemma Collins highlights her deep tan in coral midi dress...** as Ferne McCann shows toned abs in crop top for Marbella night out



▶ **9021-Oh wow:** AnnaLynne McCord shows off shapely curves while hitting an LA beach in a fetching bathing suit Rocking swimwear



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▶ **She's Eva so angelic!** Catherine Tynesley wows in a cream peplum jacket as she attends TV studios Dressed more demure than her character



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▶ **Jamie Bell can't keep a smile off his face** as he grabs coffee with mystery beauty... just two weeks after splitting from wife Evan Rachel Wood



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Singer revelling in new role as auntie



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