

# 15 minutes to your best self

## GOT 3 MINUTES?

### Find your yoga style

Ever feel as if everyone else is comfortable in yoga, while you're cowering self-consciously in a corner? Put an end to anxiety with this primer on choosing the class that best fits you and your fitness goals, created with help from Jill Satterfield, a veteran yoga instructor in New York City. —Shannan Rouss

#### Chill out

It's not a stretch to figure out what class is right for you.



A slow and steady class that emphasizes form is...

not physically challenging enough for me.

just my speed.

Learning more about the spiritual side of yoga would be...

Earnestly chanting along with strangers...

would crack me up.

not really a priority for me.

may help me relax and focus.

Being in a hot, stuffy room with 15 other people is...

OK, as long as I don't have to build an altar.

I change my workout routine...

a great way to rid the body of toxins.

almost never. I'm a creature of habit.

as often as possible. I don't want to be in a rut.

something I would want to avoid.



#### JIVAMUKTI

Expect a strong spiritual emphasis with chanting, meditation and a little history lesson on the meaning of each pose, as well as an intense, fast-paced workout.

#### ASHTANGA

For perfectionists. Ashtanga repeats the same series of poses until you master them. Novices: Consider taking an Iyengar class first to get a handle on the postures.

#### VINYASA

You'll flow quickly from pose to pose, but unlike in Ashtanga, the routine always changes. Beginner classes may move more slowly. Yoga-Fit and PowerYoga are popular forms.

#### KUNDALINI

Get ready to om. Kundalini moves at a slow pace. Developed to help students awaken their bodies' energy centers, it focuses on breath work, meditation and chanting.

#### BIKRAM

Done in a heated room to warm and stretch muscles. You go slowly through the same postures each time, so it's beginner-friendly (but bring along lots of water).

#### IYENGAR

This option is safest for first-timers. There are fewer poses, which you hold longer and repeat often. Props such as blocks provide support and reduce injury risk.

## GOT 12 MINUTES?

### Print digital pictures with ease

Are all the photographs in your house from the years before you got a digital camera? According to the Photo Marketing Association's *Photo Industry 2005: Review and Forecast*, 65 percent of all digital photos are not printed. That's 9.4 billion missed opportunities for printed memories. Update your frames with the **EPSON PICTUREMATE DELUXE PRINTER** (\$249; MyPictureMate.com). A pop-up viewer guides you through each easy step. And the lab-quality photos are water-resistant and fadeproof for up to 104 years. —Jillian Rutter

