

# MAGAZINE RACK

What's Hot Under Covers

« [Battle Of The Bikini-Reading Mags: Shape Vs. Fitness](#)

## Yoga Journal

Posted July 30th, 2008 by Fern Siegel

Here's what I know: Gershwin was a genius, and you have to be in shape to do yoga. I've tried. At the time, I played squash weekly and thought: How hard can this be? Turns out, plenty. Even for beginners. The people at Integral Yoga sounded suspiciously kumbaya, but they could get up and down without sound effects. I'm sure there are many kinds of mantras; mine is "oy vey."

But to prevent future embarrassment, I'm now practicing at home — and using *Yoga Journal* as my guide. In its 30-year journey, it's gone from looking like something only a tree-hugging, granola-cruncher could love to an attractive, mainstream pub. Yoga may have been hippie-dippie in the 1960s and '70s; today, it's embraced by anyone who wants to be healthy, active and — a word not in my vocabulary — flexible. Jerry Seinfeld is a longtime practitioner. Yoga may be one of the few things in life you can't yada yada.

Not that I haven't given it the college try. Exercise? I'll lie down till the feeling passes. The cost of gym membership is astronomical in New York. I don't know what it costs to look ripped in Iowa; but in Greenwich Village, it's a lavish week in Paris, airfare included. We should all be able to lift something heavier than a No. 2 Ticonderoga pencil and reach for cocktails without whimpering, "my back!" Plus, I'm assuming health care will go the way of the airlines; service will be slow or nonexistent, and we'll be charged for medical supplies.

Also, and this is heresy for Jews, many doctors don't care. "The one I just saw gave me a topical medication, but the chemical fumes had me pricing Hazmat suits. So I've decided to try the holistic route — and rewarded myself with a Danish for effort.

Let's begin with *Yoga Journal*. The cover lines — "age gracefully," "supple spine," "awaken your heart" — caught my eye. I have yet to convert them into action, but I have taken the first step: opening the magazine. There are user-friendly features on health, sleep, nutrition and loads of clear, easy-to-follow moves, such as *mudras* (hand gestures), that are meant to cultivate inner peace. I'll be happy if they get rid of computer cramp. *Abhaya* means "fearlessness" and a "reminder that the true yogic warrior offers friendship, not attack." Fair enough, but if you try and justify cake over pie, all bets are off.

Various schools of yoga are explored: Ashtanga, Vinyasa, Iyengar, etc. In the article "Forever Young," I met a 70-year-old woman, a longtime yogi and mediator, who outlined various poses and their benefits. For seniors, it's especially helpful. According to *YJ's* study, of the 15.8 million Americans who practice yoga, 2.9 million are 55+. Personally, I was attracted to one catchy line: "Yoga shouldn't hurt." Are you listening former trainer, who nearly put me in traction with weights and knee bends? If there's no gain without pain, I'll take the loss. I can always write it off on my taxes.

Similarly, the "Turn It Around" story suggests the effects of aging can be reversed with a supple spine. Again, the explanations are simple and the model looks fit, rather than intimidating. The positions have interesting names. *Ayurchakrasana* is known as the wheel-of-life pose. In my house, it's called: I've fallen and I can't get up.

However, if I am able to unwind my spine, partake of sacred grains (p.41) and get great glutes (p. 109), I'll be delirious. But why pressure myself? Everyone needs to get their backfields in motion and their hearts in gear. I'm not sacrificing the sardonic, just hoping, in time, I'll be able to twist and shout.

### MAG STATS

**Published by:** Active Interest Media

**Frequency:** 8 times a year

[Web site](#)

