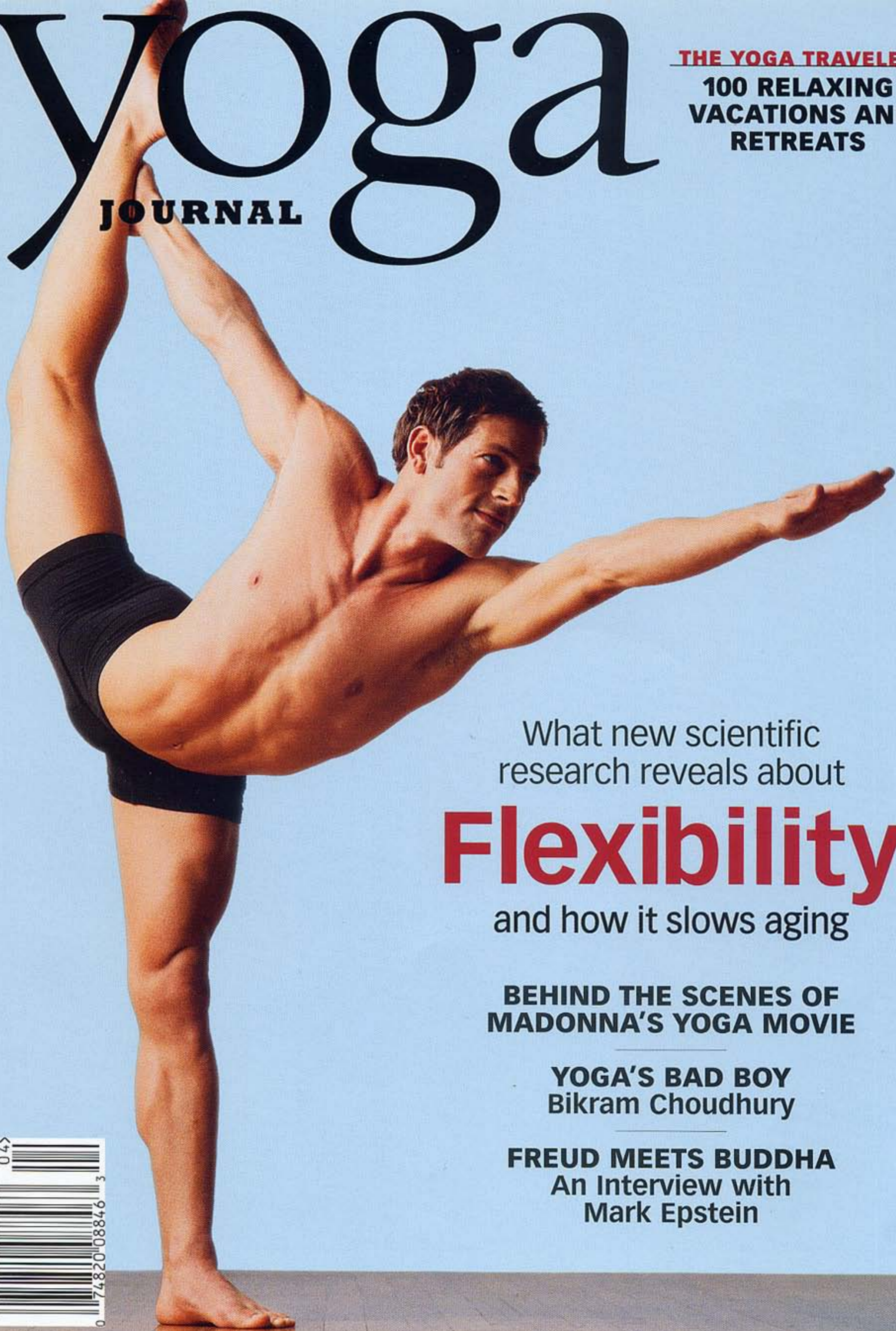


yogga

JOURNAL

THE YOGA TRAVELER

**100 RELAXING
VACATIONS AND
RETREATS**



What new scientific
research reveals about

Flexibility

and how it slows aging

**BEHIND THE SCENES OF
MADONNA'S YOGA MOVIE**

YOGA'S BAD BOY
Bikram Choudhury

FREUD MEETS BUDDHA
An Interview with
Mark Epstein



Seattle Yoga Tour

Enjoy a half-caf no-foam skinny after class.

HIGH TECH, RAIN, LATTES, and evergreens aren't the only things abundant in Seattle these days. The city is literally saturated with yoga studios.

First stop is the centrally located neighborhood of Capitol Hill and 8 Limbs Yoga Center. Look for a window display of Mardi Gras costumes, goblins, or Santa suits—8 Limbs is directly above a costume and formal wear rental shop. Director Ann Phyfe Snedeker offers a variety of styles at her spacious studio, where many of the teachers regularly incorporate chanting, Sanskrit readings, and meditation. Another Capitol Hill studio is Samadhi Yoga. Perhaps because director Kathleen Hunt has a background



in dance, as do many of her students in this neighborhood of dance and theater schools, she teaches a vigorous vinyasa. The serenity of the studio complements the intensity of the practice.

Before leaving Capitol Hill, stop at Seattle Yoga Arts, one of the oldest yoga studios in the city and home of former *YJ* "For Beginners" columnist Denise Benitez. The emphasis here is on vinyasa and Iyengar style. Make sure to pick up one of the newsletters with articles on yoga, anatomy, and philosophy.

As the economy, population, and traffic continue to boom in Seattle, neighborhood studios within walking distance of home have become even more popular. One such establishment is Studio Ganesh in Madrona—"A Place in Madrona for Yoga and Other Spiritual Things"—sandwiched between Latin, Ethiopian, and Asian restaurants.

South of Madrona is Kaya Yoga, perched above Lake Washington in Seward Park, where you can top off your yoga practice

with a walk around the 2.5 mile shoreline loop trail.

Head north to Wallingford, home of the Seattle Holistic Center, in a turn-of-the-century building surrounded by verdant gardens and grounds. Here you'll find classes that focus on pre- and post-natal yoga. Iyengar and Viniyoga courses are also available.

Travel east across Lake Washington where the strip malls are plentiful but the parking is easy. Look for Baskin Robbins to find Yoga Centers and the challenging classes of Aadil Palkhivala, a longtime student of B.K.S. Iyengar and one of the few senior Iyengar Yoga teachers.

Finally, drive a few miles farther east, toward Snoqualmie Falls. You'll have to search a bit to find the secluded Yoga Barn in Fall City. The studio is a remodeled barn loft nestled in the woods, and students are apt to see deer crossing. Says director Robin Rothenberg, "What better place to practice than in nature?"

—Kathleen Schultz

WHERE TO PRACTICE

8 Limbs Yoga (Ashtanga, Kundalini)
(206) 325-1511, www.eightlimbsyoga.com

The Ashtanga Yoga School
(206) 923-1051
home.earthlink.net/~ashtangayoga

Kaya Yoga (Viniyoga, Iyengar, Ashtanga)
(206) 760-1917

Seattle Yoga Arts (vinyasa, Iyengar)
(206) 440-3191

Samadhi Yoga (vinyasa)
(206) 329-4070, www.samadhi-yoga.com

Seattle Holistic Center (Iyengar)
(206) 525-9035

Studio Ganesh (Ashtanga)
(206) 325-0112, www.studioganesh.com

The Yoga Tree (Iyengar, Ashtanga, Viniyoga)
(206) 545-0316, www.yogatree.com

The Yoga Barn (Viniyoga, Iyengar)
(425) 427-0038, www.yogabarn.com

Yoga Centers (Iyengar)
(425) 746-7476, www.yogacenters.com

The Center for Yoga of Seattle (Iyengar)
(206) 526-YOGA

WHERE TO EAT

Still Life in Fremont (Mostly vegetarian)
(206) 547-9850

Carmelita (Vegetarian/Vegan)
(206) 706-7703

Gravity Bar (Vegetarian/Vegan)
(206) 325-7186

WHERE TO EXPLORE

Washington Park Arboretum

Pike Place Market