

Yoga · Fitness · Lifestyle

# Sweat Equity

Heal yourself

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Bosnak**

**HAS THE  
REMEDIES**

winter  
beauty  
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tips

More  
Bounce to  
the Ounce

bosu ball  
workout

GIFTS  
FOR THE  
GIVING

OUR  
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WHEN  
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STARS  
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Celebrities Who  
Swear by Yoga

FOOD FOR THOUGHT



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# Giving Back

**IN THIS MONTH'S FLURRY OF SEASONAL MADNESS, WE ENCOURAGE YOU TO SIT BACK AND TAKE A DEEP YOGIC BREATH.**

If you're one of many afflicted with last-minute shopping duress, head right to our Gift Guide, where we're giving back first. We've rounded up the latest and greatest of the upcoming year, offered charities that you can give to, and have most of our gift guide available to win! Generosity is in the air.

Enjoy a sneak peek on the yoga mats of Hollywood stars; find out what style they're practicing and the benefits they've received. We guarantee it's not what you're expecting. From shining stars to glimmering gems, you'll see every studio we've ever featured in this issue of Stretch in the City. Find your fave among the list, let us know of some gems that we've missed, or

venture outside the "old familiar" in 2015.

Cozy up by the fire with a heartwarming story of healing through yoga, or learn the science behind the power of thanks in Attitude of Gratitude. But beware, things start heating up in the debate over whether to use Sanskrit in class. Should we honour tradition or get with the times?

Tradition aside, Enlighten Up will inspire compassion and generosity when we reveal a modern-day Santa Claus hero. But amidst all the giving, we remind you of the importance of self-love: read why saying "no" means "yes" in Sweet Etiquette, and learn a ten-minute sequence to support this intention in Do Yoga.



Finally, we've got the spark to ignite your New Year, offering you more Bounce to the Ounce in our Bosu Ball workout with a healthy dose of motivation in Alvin Brown's article on the power of change.

**FROM OUR HEARTS TO YOURS, WE WISH YOU THE BEST! HAPPY 2015!**

Fred Antwi, Publisher

PHOTO: BRASLEY BLUFFLE



**FRANCI COHEN** has a no nonsense approach to fitness, health and life! She is a personal trainer, certified nutritionist, exercise physiologist and creator of SPIDERBANDS®, a total-body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling. [FRANCI COHEN.COM](http://FRANCI COHEN.COM)



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Bosu

Bosu Body  
Blastoff!

BY FRANK COHEN

# More Bounce)

## to the ounce

**WANT A CALORIE-TORCHING WORKOUT** that offers both cardio and toning fused into one action-packed hour? Well look no further, because your "body attack" is here! This workout juxtaposes both aerobic and anaerobic intervals as well as stationary toning exercises, using the dynamic reactive surface of the bosu dome and the 3.24 g-force of the mini rebounder.

**YOU'LL BEGIN** → with aerobic intervals on the floor.

**THEN** jump start your heart rate with some anaerobic plyometrics on the bosu, and

**FINALLY** → DO toning using the bosu as well.

**FINISH** → with some martial art madness on the mini-tramp to stimulate the lymphatic system and shed that stubborn cellulite and excess baggage.

**WORKOUT TYPE** total body

**FOCUS** lower body strength.

**TARGET** the rectus, transverse, and oblique abdominal muscles; the quads, hamstrings, and glutes.

Here we go!



All you need is a bosu ball! Challenge yourself and use light hand weights and a mini-trampoline if available.

# 1. 100 Jumping jacks in place

BE SURE TO EXTEND YOUR ARMS FULLY OVERHEAD WITH EACH JACK.



## 2. Shuffle around your bosu

**REPS:** 8 counts (each direction)

**SETS:** 10 times (each direction)

## 3. Power squats on and off the bosu

**REPS:** 32



You can also try this with the bosu flipped over. Either way, be sure to centre your feet in the middle.

ON BOTH THE POWER ON AND OFF, TRY TO MAINTAIN A RIGHT ANGLE AT THE KNEES, AND DON'T LET YOUR KNEES PASS IN FRONT OF YOUR ANKLES. KEEP YOUR WEIGHT SHIFTED TOWARDS YOUR REAR INSTEAD, WHERE YOU WILL WORK AND BENEFIT THE MOST.

when power squatting onto the bosu, try to land directly on the bullseye (centre) of the dome

**CHALLENGE**  
grab some 1lb or 2lb hand weights for the reps

## 4. Power leg swaps on the bosu

**REPS:** 70 each leg

**TIME:** approximately 2 minutes

As your heart rate begins to climb, stay focused, and make sure you keep your hips, knees, and toes all pointed forward throughout the duration of the exercise. ▶

BEGIN BY PLACING YOUR RIGHT FOOT ON THE BOSU. SWAP LEGS REPEATEDLY ON SINGLE COUNTS TO CREATE A CONTINUOUS AND RHYTHMIC LEG SWAP.



*This workout juxtaposes both aerobic and anaerobic intervals as well as stationary toning exercises.*



WITH EACH KICK, ADD MORE DRIVE AND POWER TO INCREASE INTENSITY.

**5. Alternating Front kicks** on the trampoline. Lean back slightly, and perform alternating front kicks with the right and left legs.

**REPS:** 50 (alternating each leg).

Lead with the ball of your foot, and extend your leg fully with each kick, making sure not to lock at the joint.



**6. Side plank** with hands on the floor and feet stacked on bosu.

**SET UP:** Lie on your right side placing your feet up on the bosu and forearms on the floor. Lift your left hip as well as your body, as high as you can

**TIME:** Hold for 60 seconds.

**REPS:** each side.

**CHALLENGE**

Use light hand weights to increase the difficulty.

ELBOWS SHOULD BE DIRECTLY UNDER YOUR SHOULDERS, AND FEET SHOULD BE STACKED ON THE BOSU.

## 7. Plank hand walks

**SET UP:** get into plank position with forearms on the bosu and feet on the floor. Gently walk your right hand off the bosu and onto the floor. Do the same with your left hand. Now place your right forearm back on the bosu, and do the same with your left.

**REPS:** 24 on each side



**CHALLENGE**  
Flip over the bosu and try this with full extension in the arms.



**8. Jog** in place  
on the  
trampoline

**TIME:** 2 minutes.

→  
Bring the knees as  
high up as you can, and  
gently lean back and  
extend the spine to further  
engage the core and  
lumbar while you jog! *JE*

