

QUICK QUIZ

Are You Yoga-Phobic?

(NAPSA)—More and more people are discovering the benefits of yoga—including increased flexibility, a stronger immune system, and reduced stress levels. Celebrities like Madonna, Ricky Martin and Sting all swear by it.

Take this short quiz, with tips by Sara Ivanhoe, star of the *Basic Yoga For Dummies* video, to see if yoga is the right fitness choice for you.

1. Before trying yoga, you must know how to: (a) stand on your head; (b) breathe.

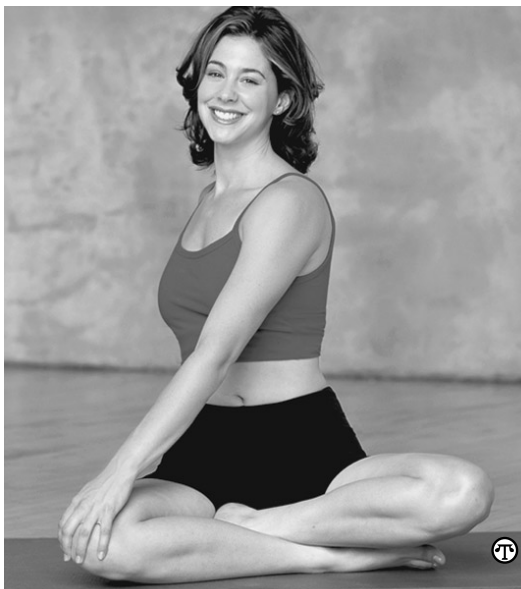
Answer: (b) Breathing allows your body to become more flexible and strong and helps your mind and body relax.

2. Yoga is best for: (a) children; (b) women in their 20s and 30s; (c) mature adults; (d) all of the above.

Answer: (d) Yoga has been proven to help children improve their concentration, even those with learning disabilities. Stars like Cindy Crawford and Gwyneth Paltrow swear by the body-sculpting benefits. A study conducted by Dr. Ornish has found that yoga, meditation and a low-fat diet may reverse heart disease.

3. To achieve a Spinal Twist, you must: (a) visit a chiropractor; (b) sit cross-legged and turn your upper body around.

Answer: (b) This simple pose strengthens the spine, aids digestion and helps detoxify the body.



Sara Ivanhoe, the star of the *Basic Yoga Workout For Dummies* video, demonstrates the Spinal Twist.

4. The Tree Pose is useful: (a) when you see a big, scary dog approaching; (b) to strengthen your legs and improve balance.

Answer: (b) The Tree Pose brings balance to the body, mind and spirit.

The simple Daily Dozen yoga moves found in *Basic Yoga Workout For Dummies* (\$9.99 VHS; \$14.98 DVD), from Anchor Bay Entertainment, make it easy for anyone to get started. For more information, call (800) 546-1949 or visit the Web site at www.collagevideo.com/fordummies. *Pilates For Dummies*, *Fat Burning Workout For Dummies*, and *Shaping Up with Weights For Dummies* videos are also available.