

THIS WEEK'S WORKOUT: SUNRISE YOGA AT LEE PARK

ELA SHAH

Writer

Who: Anyone. That's yoga. Most poses are 1, 2 or 3, so even the among us can

How: Pretty low. You will get going with "power yoga" that's not like an aerobics

Feel: You get the relief of class, after an hour of stretching and your muscles are relaxed. You can feel your spine.

Client: Single guys: We're talking a woman, pretty much

all of the time.

But is it fun? Sure. You're doing something great for your body outdoors, under the cover of two huge trees. It's a beautiful way to start the day. Instructor Leanne Hall lines the sidewalk with votive candles, making our outdoor studio a beacon in the predawn darkness.

Surprise: Just how great it is to be outdoors as the sun rises, listening to the birds and rustle of the trees commingle with the urban sounds of traffic and the occasional Southwest Airlines jet overhead. It's a rare Dallas moment.

When it's over: You'll feel energized and focused. It's not a cliché. (And if it's your first go, you might feel a bit sore afterward.)

Gear and apparel: Any loose-fitting clothing will do. No special shoes needed; you'll be barefoot. With advance notice, Ms. Hall can provide a yoga mat if you don't have your own. Some also bring water and a small towel.

The place: Lee Park on Cedar Springs Avenue between North Hall Street and Lemmon Avenue. Ms. Hall also leads classes at her studio at Trophy Fitness Club.

The time: 6 a.m. — trust me, it's worth it! — on scheduled Wednesdays. E-mail leanne@trueyoga.com to get on the e-mail list. Or call 214-522-0672 or go to www.TrueYogaInc.com.

The cost: Sunrise Yoga is free.

E-mail ashah@dallasnews.com

READERS' CHOICE

Several readers e-mailed to recommend Dallas' **BKS Iyengar Yoga Studio**, 5539 Dyer St. (www.dallasiyengaryoga.com).

"I always smile at people who say, 'Oh, you do stretching' when they find out I take yoga classes," says **Karen Phillips**, 48, of Highland Village. "Yoga is actually an intense workout ... I always leave feeling better than I did when I arrived. I feel like this is a fitness program I will be able to stick with for a lifetime."

What's your favorite class? E-mail the details to HealthyLiving@dallasnews.com, and we might try it out here.



JIM MAHONEY

Katie McLeroy practices yoga at Lee Park in Dallas.