

SECRETS TO SUPER-HEALTHY HAIR & SOFT SUMMER SKIN

NEW!

Women's Health

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Your Best Body

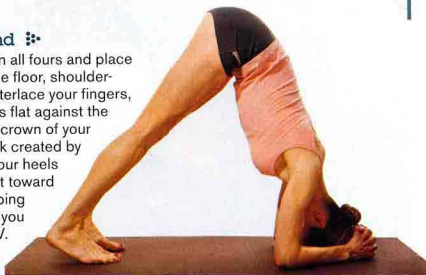
GET FIT AND FIRM BY SUMMER!



WHERE TO BUY

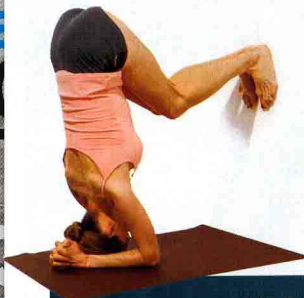
Half Headstand ❖

BEGINNER Get on all fours and place your elbows on the floor, shoulder-distance apart. Interlace your fingers, with your forearms flat against the floor, and put the crown of your head into the nook created by your hands. Lift your heels and walk your feet toward your elbows, keeping your back flat, so you form an inverted V.



❖ Bent-Knee Headstand

INTERMEDIATE Face away from a wall and position yourself in half headstand. Walk your feet up onto the wall, placing your soles flat against it. (You will form a bent-legged rectangle with the wall.) Balance mostly on the crown of your head and forearms, using the wall only for support.



head games

Turn your yoga practice upside down with these energizing poses

SPOTTING WEIRD carpet stains isn't the only benefit of doing headstands regularly. You can also strengthen your arms, legs, and core and reenergize during a midday slump. "When you get upside down, the increased blood flow gives you a boost," says yoga instructor Sara Ivanhoe from Yoga Works in Santa Monica, California. Here, she suggests some inversions that will help you build up to a full headstand.

Full Headstand ❖

ADVANCED From the bent-knee headstand, straighten your legs, bringing your feet toward the ceiling. Remember to keep your shoulders pulled toward your pelvis to protect your neck. Tighten your core, with your tailbone slightly drawn under so you can balance without over-arching your lower back.



❖ Dolphin

HEADSTAND ALTERNATIVE From downward dog, place your elbows and forearms on the floor. Keep your hips up toward the ceiling, with your back straight and most of your weight on your feet (to keep pressure off your upper body). Bend your knees slightly for comfort.

In Focus Balance: Head Games

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