
Subject: Re: Slow Around Here

Posted by [Michael Wallace](#) on Wed, 02 Mar 2005 21:55:58 GMT

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> P.S. My latest pursuit is yoga. We have two kinds
> here in town. The normal kind and the heated kind
> (I don't know the official names as I've only begun
> my Hindu studies). I opted for the normal kind, because
> it is in Old Town, which I like, and because I get
> heated enough watching the young, lithe women in their
> tight little yoga costumes do their poses.
>
> I used to think yoga was about flexibility (which is
> why I am there), but I have been astounded to learn
> how much it is also about strength. It is darn good
> exercise. But the best part is the end, where you
> go into the Corpse pose and lay there with these
> little bags of seeds over your eyes. Heaven! (Or,
> I guess Nirvana!) :-)

On a similar note, my latest pursuit is Tai Chi, specifically Yang style. It's slow, but very good exercise. I've been taking classes for several months now and we're maybe about 1/3 of the way through learning the form. Once we get the form learned, then it's on to the breathing and meditative aspects of the art.

-Mike
