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Subject: Re: Slow Around Here

Posted by [David Fanning](#) on Wed, 02 Mar 2005 21:37:45 GMT

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Michael Wallace writes:

- > It's the most frustrating game on the planet, but you do
- > get to keep your math skills tuned by calculating all the angles and
- > speeds in your head.

Not unlike tennis in that aspect. :-)

Cheers,

David

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!) :-)

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Coyote's Guide to IDL Programming: <http://www.dfanning.com/>

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