

SHAPE

AMORE
WOMEN'S
DAY OUT
FREEBIES
WORTH
\$10,000

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SINGAPORE
AUGUST 2008 | \$6.00

**DROP
5 KILOS
IN LESS TIME
WITHOUT LIFTING
ANY WEIGHTS!
(PG 120)**

***CAN
COFFEE
REV UP
CALORIE
BURN?
And other
dieting myths
debunked**



**Local fave
foods made
healthier**
Nutritionist-
approved laksa,
nasi biryani,
buboh cha cha
& more!

FOUND!

**S'pore's most
sought-after
yoga experts
(pg 136)**

**Medical tests
that may save
your life**

VENTURE OUT

FOR YOGA FANATICS ■ Outdoor Yoga

What it's about: Take your asanas into a beautiful landscaped garden on a weekend morning. Spaboutique conducts outdoor yoga sessions on Saturdays and Sundays from 10.30am to noon. The class is taught by Yvette Tee, who has formulated a unique style of Kryoga based on Hatha yoga. Each class has a maximum of 10 students, mostly female. The small class size means that you won't get lost trying to follow the moves. Bring your own mat, or purchase one before the class for \$65.

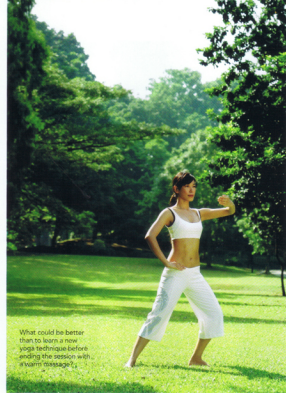
Beginners can go for the Saturday class, which involves Kryoga Warrior, a yoga form incorporating breathing techniques that ancient Indian warriors used to improve their speed and endurance. For more intermediate yoga students with at least one to two months' experience, go for the Sunday class, which teaches Kryoga Body Balance to improve your psychomotor coordination. Then, end with a massage – Swedish, shiatsu or traditional, anyone?

Getting there: Spaboutique is at 6 Nassim Road. To get there, take buses 7, 36, 105, 111, 123, 132 or 174 and stop at Tanglin Road opposite Tanglin Shopping Centre.

Enter via the main entrance from the junction of Orange Grove Road and Nassim Road,



or the side entrance facing Nassim Jade Residences. If you're driving, Spaboutique is the third colonial-style bungalow as you enter Nassim Road.
Cost and contact: \$30 for the 90-minute yoga session, or \$250 for 10 sessions. Call 6887-0760 or visit spaboutique.com.sg to book a lesson at least one day in advance.



What could be better than to learn a new yoga technique before ending the session with a 15-min massage?

☞ Kryoga Warrior incorporates breathing techniques that ancient Indian warriors used to improve speed and endurance. ☜

FOR NIGHT OWLS ■ Sentosa Night Luge

What it's about: On Sentosa, sundown signals the start of the Night Luge that takes you whooshing down 650m of colourfully-lit track. Your vehicle of choice: A three-wheeled, non-motorised cart that lets you control the speed of your ride. What we like about the nocturnal version: There's no sun and we hear the queue is shorter, too.

Getting there: The Night Luge is at Imbiah Lookout. All Sentosa buses, the beach tram and the Sentosa Express go there. Otherwise, drive to Sentosa and park at the Imbiah Lookout Carpark.
Cost and contact: \$10 for a Luge and Skyride combo. Visit sentosa.com.sg or call the Sentosa hotline at 1800-736-8672.