

The Best Mind-Body Workouts & Yoga Wear To Soothe Your Stressed Out Soul - mizzFIT

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RECONNECT TO YOUR "NOW"

I'm stressing! So this blog post is as much for me as it is for you. If you get worked up thinking about your check list of To Do's that still need to be checked or snap at your loved ones because, well, they just happened to be standing there, then it's time to stop what you're doing and CHECK-IN WITH YOURSELF. Don't go to that crazy place that makes you feel physically and emotionally exhausted (I've been there and it ain't pretty). Instead, breathe and take notice of the things in your life that are absolutely fantastic. We rush through our lives and often forget to enjoy the "right now" part and everything that's led up to it.

The good news is that checking-in with yourself and re-connecting to your present moment can be active and fun, like in the mind-body workouts below. They'll put your mind at ease, reduce muscle tension and help dissolve stress related to your past or future (because if it's not one, it's the other). I'll be right there with you, one inhalation and exhalation at a time!

BEST MIND-BODY WORKOUTS & FASHION TO MATCH

Pure Yoga NYC classes: [Pure Yoga](#) is a fancy Equinox-style yoga club in NYC. You'll find a ton of amazing yoga classes here ranging in style, temperature, intensity and pace ([click here for class descriptions](#)). These are my favorites: Restorative Yoga, Zenyasa, Hot Power Yoga (with instructor

Dana Slamp), and Rock Your Chakras (with instructor and co-creator Carlos Rodriguez). The last 2 are heated and move at a faster pace--they're designed to loosen and tone you up while keeping your mind at ease. Carlos designed Rock Your Chakras to incorporate cardio and strength moves for a full body workout. You'll use lightweight medicine balls and still feel like you hit the gym hard. Restorative Yoga & Zenyasa are less rigorous classes with elements of Buddhist philosophy and seated meditation.

Pure Yoga is a great spot to escape the hustle & bustle of the city and of your life. The yoga rooms are serene, the music (if used) is calming, and the equipment is always clean and orderly. It's the type of place that will inspire you to don posh yoga attire, and less of it if you like (especially for hot classes). Pair a [Bijubee](#) patterned top and bottom for a fun, light-on-your-feet look that you can be layered with a tank or t-shirt.



BodyArt: Created by fitness celeb, [bert-steinbacher/" title="Robert Steinbacher bio" target=" blank">Robert Steinbacher](#), BodyArt combines yoga, pilates and dance with classical breathing techniques to provide stabilization training and mental relaxation. This workout vacillates between holding poses and slightly faster cardio moves to open up your tight spots, release tension and make you more aware of your body as a whole. Take this class at Crunch gyms nation-wide ([search for BodyArt classes here](#)).

Looser fit yoga-wear that follows your body's every move without sticking to you or weighing you down is optimal for this kind of workout, especially since you'll be up and down a lot. Tanya-b makes a [Tie Dye Halter top](#) that's to die for. It's soft and comes in various color combinations to match your skin tone, eyes or nail polish. The halter has a built-in bra shelf but I recommend wearing a seamless bra ([like this one](#)) for additional support. The [Fold Over Capri Pant](#) is perfect for BodyArt, keeping you cool without restricting your range of motion, and the ruching on the fold over band will flatter your waistline.



The Tanya-b collection is co-designed by 2 yoga-loving partners, Karin Ulmander and of course, Tanya Boulton who's a directing manager and instructor at Pure Yoga. That's her in the photo below.



Karin & Tanya saw a need for body-hugging yoga apparel with zero cling factor that looks sexy on or off the mat. Their collection is a godsend to women who live in their workout clothes.