



a smart digital magazine for women

Fitness Style Healthy Eating Beauty Wellness Awareness Travel

What's New at Pure Yoga: Hot Figure 4, Ki Power Vinyasa, Bassett's Bootcamp and More

MAY 22, 2012 LEAVE COMMENT

We recently had the opportunity to take classes at Pure Yoga's Eastside Manhattan location to check out some of the newest offerings, including hot Figure 4 and Ki Power Vinyasa, as well as a mash-up of hot power yoga and interval training called Bassett's Boot Camp. Plus, we also caught up with Flowmotion Yoga and meSheeky founder Sarah Tomson Beyer for a recent class at Pure.

The first advantage of the 105-110° F temperatures in the heated Figure 4 class became obvious almost immediately. As the workout's founder, former professional ballet dancer Kate Albarelli, led us through the repeated motions at the barre and our muscles burned and shook and sweat poured from our brow, we thought, "At least this sweat will mask our tears." We did however, feel the intended benefit of the heat — a deeper stretch in the muscles. The toned and energetic Albarelli kept us on task, providing words of encouragement and gentle reminders about keeping the "4" form, the ballet stretch where one crosses the ankle over the opposite knee and bends forward, as a thigh and glutes stretch. Aside from barre work, the class incorporates elements of classic and modern dance, Pilates, yoga, free-weights toning and resistance training.

Also new at Pure's NYC locations: Ki Power Vinyasa, a mixture of yoga, meditation and martial arts created by Isauro Fernandez. A longtime martial arts practitioner, he holds black belts in both judo and tae kwon do and discovered yoga when rehabilitating from a shoulder injury. After a short meditation, the flow-style class melded traditional vinyasas with graceful martial arts moves. According to Fernandez, "ki" means "life force," something that you're meant to connect with during the moving meditation. We thought the class nicely balanced fast-paced vinyasas and strength work with meditation and sense of peace.

Since we do Bikram and vinyasa yoga as well as regularly attend a fitness boot camp, we were intrigued by Bassett's Boot Camp. Developed by Loren Bassett with personal trainer Cole McDonough, the workout combines vinyasa yoga, cardio intervals and strength training in a heated room. This means we did down dogs and sun salutations, as well as burpees, mountain climbers and push-ups with hand weights, plus toning exercises with weights and squats. At one point, Bassett told us that if anyone dropped out the forearm plank before the allotted time, we'd all have to start over. (We're not sure if she was kidding, but that was motivation enough for everyone in the class to hold the pose.) Since this combined three of our favorite workout elements — heat, boot camp and yoga — we're a fan.

Last year, we told you about Flowmotion, a version of yoga that features flowing sequences for a twist on a traditional practice. We caught up with founder Sarah Tomson Beyer, who is based in Park City, UT, when she was in New York City recently. She led us through a class that encourages yogis to step off the mat and find his or her own flow. And we were happy to hear that there's now a 60-minute Flowmotion video available at Yoga Download (\$3.99 for one-time, \$8.99 to buy) so we can practice at home. A playlist (\$12.78) is available to purchase separately on iTunes. There's also a Flowmotion app.

Thirsty and in need of a protein boost after all that working out? After her class, Bassett shared the modifications she makes to Juice Generation's Protein Buzz with us: Opt for the whey protein and almond milk, and ask for half a banana (without the berries) and one scoop of peanut butter.

Is there a yoga fusion class you'd like to try?



At Pure Yoga, Loren Bassett (in purple) leads mountain climber exercises at a heated Bassett's Boot Camp, which incorporates elements of yoga and interval training.

50 Circuit Workouts

maxworkouts.com

Burn fat & get totally ripped with these 50 circuit workout routines



Share / Save



FILED UNDER FEATURED, FITNESS, VIVSAYS