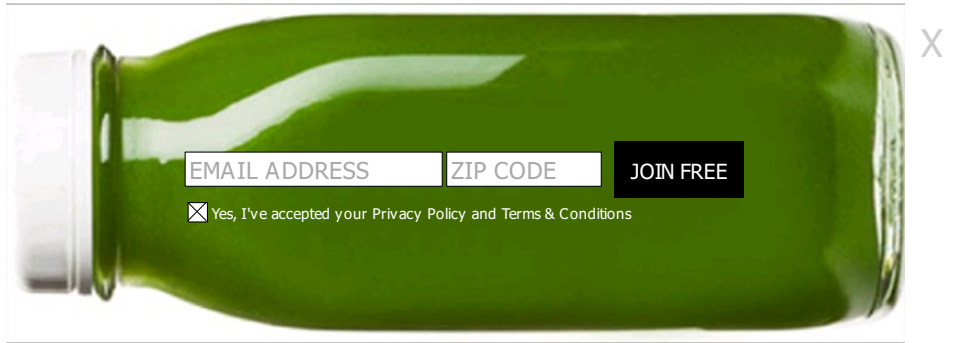


Well+Good is *obsessed* with your health and wellness. Get it daily.



EMAIL ADDRESS ZIP CODE JOIN FREE

Yes, I've accepted your Privacy Policy and Terms & Conditions

GOOD SWEAT

GOOD LOOKS

GOOD ADVICE

GOOD FOOD

EXTRA GOODNESS

WELLNESS WIRE

Friday, January 25, 2013

Class Action: Loren Bassett's Hot Power Yoga at Pure Yoga



Don't be fooled by her sweet yogi smile. Bassett's known for her popular four-week Bassett's Boot Camp, in which plank is the resting pose.

Complaining about the cold? Loren Bassett's Hot Power Yoga, which she teaches at Pure Yoga's Upper East Side studio, will bring your body to a temperature that will make you



MOST POPULAR STORIES

WHAT YOU'RE READING...RIGHT NOW!

1. Refrigerator Look Book: Melissa Costello
2. Panera Bread ditches artificial ingredients
3. SoulCycle takes its workouts off the bike
4. What to do when your workout wrecks your hands
5. Now you can do yoga with Tara Stiles in your hotel room
6. 3 healthy summer picnics you don't have to pack



want to run outside in your sports bra.

Bassett elevates power yoga to a new level of athleticism. The 100-degree room is usually packed with her devotees, and she keeps the lights dim and the music loud and invigorating.

Most of the class is spend in fast-paced vinyasa sequences, with little to no rest. Instead of getting five breaths in downward dog, you'll be flipping your dog into "rock star" pose repeatedly, and she throws in difficult poses like handstands and half moons—and makes you hold them—as if they're as simple as triangle. As your sweat production crescendos, so will the music, and that's your sign that a grueling ab sequence is about to begin.

This class would be incredibly difficult at a normal temperature. And keeping the pace in the heat can feel near impossible. (Unlike in Bikram yoga, where the lack of cardio allows you more space to breathe.)

But Bassett, as a quiet, understated guide, pushes you through in her soft, reassuring voice, encouraging you to stay in the room (like most hot instructors do) and offering practical spiritual insights. You will be absolutely drenched in sweat after—but you'll feel like you can tackle every life issue you've been putting off. And you'll want to go back. —Lisa Elaine Held

Who's it for: Athletic yogis, jocks who want to try yoga, fans of hot-room workouts

Pure Yoga East, members only, www.pureyoga.com



« **The Week in Wellness: Exhale Hollywood, changes at Uplift, and more**

Beauty Aisle: Moisturizing lip glosses and tints »

FILED UNDER: WELLNESS WIRE

TAGS: CLASS ACTION, LOREN BASSETT, PURE YOGA



One Comment | [ADD YOURS](#)

shiny smith

February 11th, 2013 at 8:12 am

yeah this true hot power yoga is really a good and pure type of yoga.

Leave a Comment (* required)

SUBMIT

RELATED ARTICLES

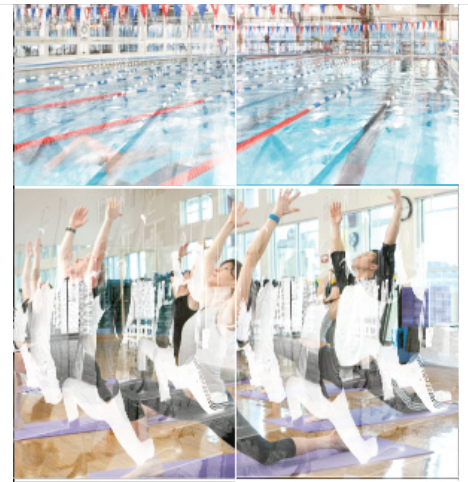
Class Action: Summer Camp at New York Sports Club

Class Action: Fitwalker at Superstar Gym

Class Action: Les Mills Body pump at New York Sports Club

Class Action: Blood Sweat 'N Tears at DavidBartonGym

Class Action: High Falls at Hollywood Stunts



GET YOUR BODY BEACH READY. GET YOUR BODY BEACH READY.



FOLLOW US



BREAKING NEWS FROM THE
wellness
WIRE

POPULAR SLIDESHOWS



7 sexy, chilled summer soups



3 wow-factor summer juice recipes



New Hamptons hotspots



4 ways to use honey for gorgeous skin

FROM OUR PARTNERS

SELF

- Steal Yael Stone's yoga move for sexy legs
- A game-changing way to snack on pomegranates
- Impress your date—in the first 12 minutes

HUFFPOST HEALTHY LIVING

- Are you using bug spray the right way?
- Tips for dining out
- 3 stretches for neck and shoulder pain

YinOva

- Tips for staying injury free
- The healing power of oregano
- The ultimate primer on stretching

PRESS



e "A keen eye on the fitness scene."
— NYTimes

+ MORE

COMPANY

- About Us
- Work Here
- Contact Us
- Advertise

INFO

- Terms & Conditions
- Privacy Policy
- Manage Preferences
- Site Map

CONNECT

- Tip Us Off
- Twitter
- Facebook
- Pinterest
- Google+

CATEGORIES

- Good Sweat
- Good Looks
- Good Advice
- Good Food
- Wellness Wire
- Extra Goodness

SUBSCRIBE



Get it daily
Well+Good is obsessed with your health and wellness.

Enter your email

Enter zip code

S I G N