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YOUR
GUIDE TO
THE
CITY'S
**OUTDOOR
YOGA**
&
**FITNESS
CLASSES**

HEALTHY SUMMER GUIDE
TO NEW YORK **2012**

Brought to you by
PURE
YOGA

Outdoor Yoga Classes

Come Memorial Day, you likely won't have to leave your neighborhood to find a park, pier, or roof that has been transformed into an open-air yoga studio. All classes around New York City are about an hour, unless otherwise noted. Plan to bring your own mat.

DOWNTOWN

Battery Park City

Donna Klimkiewicz's studio-without-walls, **Open Air Yoga**, hosts classes in Battery Park City on Tuesday nights at 6:30 p.m. Enter Rockefeller Park at Warren Street and River Terrace, and stay for a fresh juice or smoothie after savasana. April 30–September, \$15 or \$65 for 5, www.openairyoganyc.com

Chelsea 14th Street Park

Laughing Lotus instructors introduce their playful (glitter-loving) style to families at these tots-are-welcome yoga classes, on Saturdays at 9 a.m. June–August, FREE, www.nyc.laughinglotus.com

Get some sunny spirituality with **YogaMaya** instructors on Thursdays at 6:30 p.m. at this sweet city park with a round lawn. On 14th Street, between Tenth Avenue and the West Side Highway. May 10–September 13, FREE, www.yogamayanewyork.com

Nolitan Hotel Roof Deck

For one month this summer, **YogaWorks** hosts a class series on the swank roof deck of this boutique hotel on Thursdays at 7 p.m. June, FREE, www.yogaworks.com

Pier 25 at Hudson River Park

Fitness fashion brand Lolë and Fitist.com co-host **Summer on the Pier** classes Tuesdays at 6:30 p.m. Types of classes will vary, but a handful are yoga. Expect fab instructors. June 5–August 21, FREE, www.facebook.com/loleshowtiquenyc

Pier 46

Greenwich Village's new studio, **Sacred Sounds Yoga**, holds sunset classes on the breezy Hudson River on Tuesdays at 7:30 p.m. June 12–August 28, FREE, www.sacredsoundsyoga.com

Washington Square Park

Yogis and NYU co-eds take over the park when **YogaVida's** athletic Vinyasa classes are in session, Wednesday mornings at 8:30 a.m.



June–July (excluding July 4), FREE, www.yogavida.com

Sacred Sounds Yoga hosts kids classes for pint-sized yogis on Thursdays at 10 a.m. in the park's Garibaldi Plaza (just east of the fountain). June–July, FREE, www.sacredsoundsyoga.com

MIDTOWN

Bryant Park

Lululemon ambassadors (often New York's best and brightest yogis) teach at this now-famous yoga series that launched the outdoor-yoga phenomenon. Classes are on the Upper Terrace on Tuesdays at 10

a.m. and on the lawn on Thursdays at 6 p.m. May–September, FREE, www.bryantpark.org

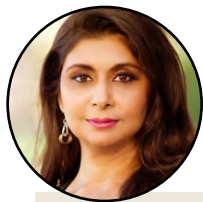
59th Street Bridge

The AstroTurf roof-deck of **Yo Yoga!**, way above the action of the pavement, is a surprisingly quiet place to practice. Half the scheduled classes move outside for the summer. Memorial Day–September, \$12, www.yoyoganyc.com

UPTOWN

Central Park

Equinox fave Lisa Langer teaches at Central Park West and 81st Street on



RAJASHREE CHOUDHURY
BIKRAM YOGA
INSTRUCTOR,
AND WIFE OF BIKRAM
CHOUDHURY

Why I Love Practicing Yoga Outdoors in New York City:

As a child in Kolkata, I first practiced yoga in a children's park on the grass, in the sun, with people passing by. I remembered this when I was asked to teach a **Bikram Yoga class at the Summer Solstice in Times Square.**

Hatha is often translated as the union of sun and the moon, similar to the concepts of yang and yin in Asian and Chinese philosophy. The Summer Solstice is a wonderful time to celebrate the physical and spiritual health benefits of yoga. I am proud to be part of this event in Times Square.

Sundays at 10 a.m. and Jonathan Shoemaker leads class on Saturdays at 10 a.m. and Thursdays at 6:30 p.m. May 22–September 25, \$15 or \$100 for 10, www.centralparkyoga.com

Donna Klimkiewicz's **Open Air Yoga** studio also hosts classes next to the Turtle Pond on Mondays and Wednesdays at 6:30 p.m. April 30–September, \$15 or \$65 for 5, www.openairyoganyc.com

Upper East Side

JCC Rooftop

Watch the sun set over the city while you flow through your vinyasa at these 6:30 p.m. classes. Each is targeted to an age group, so check the schedule. Mats are provided, and class is followed by wine and snacks. May–August, \$15 members/\$20 non-members, www.jccmanhattan.org

Reebok Sports Club/NY and The Sports Club/LA

The 45-minute rooftop classes at these clubs kickoff at 7 a.m. and feature a different instructor each morning. Reservations are required through Alignyo.com. Plan to bring your own mat—and make use of the showers. Tuesdays at Reebok Sports Club/NY and Thursdays at The Sports Club/LA, June only, FREE, www.alignyo.com/skyhigh

Harlem

Target East Harlem Community Garden

Bette Midler's New York Restoration Project teams up with **Harlem Yoga Studio** to offer classes on Saturdays at 11 a.m. May–September, FREE, www.nyrp.org

UPPER WEST SIDE

Riverside Park

Every other Tuesday, **Pure Yoga** hosts hour-long classes at Soldiers and Sailors Monument Plaza (West 89th St. and Riverside Dr.), with a variety of the studios' popular teachers. Classes start at 6:30. June–August, FREE, www.nycgovparks.org



BROOKLYN

Brooklyn Bridge Park, Dumbo

Brooklynites can get a jump on a healthy week by stopping by this early morning yoga class, every Mondays at 7:30 a.m., then grab a water taxi to work. July 2–August 27, FREE, www.brooklynbridgepark.org

Garden of Hope, Bed-Stuy

Cayce Pia from Williamsburg's **Sangha Yoga Shala** teaches in a Bed-Stuy community garden on Saturdays at 11 a.m. May–September, FREE, www.nyrp.org

Prospect Park, Park Slope/Prospect Heights

Roll out your mat in Prospect Park with sunset classes taught by Park

Slope's crème de la crème collection of **Bend & Bloom** teachers on Thursday nights at 7 p.m. (near the Grand Army Plaza entrance). May 24–September 6, FREE, www.bendandbloom.com

QUEENS

Gantry Plaza State Park

One Sunday a month, the Yoga Room unrolls their mats on Pier 1 for classes that include amazing views of the Manhattan skyline. June 10, July 8, and August 12 at 10 a.m., September 9 at 5 p.m., FREE, www.the-yoga-room.com

Socrates Sculpture Park

Take riverside Kripalu yoga with Monique Schubert on Saturdays at 9:30 and 11 a.m., then, after savasana, browse the open-air art gallery. May 12–September 30, FREE, www.socratessculpturepark.org

3 SIGNS YOU'RE A YOGA JERK

1. You create a new front row to get even closer to the celebrity teacher.
2. You leave your cell phone sitting out, on high volume, just waiting for a brunch or dinner plan to come together.
3. You put your footwear at the bottom of your yoga mat, inches from your neighbor's nose.

Yoga Mega-Events

These one-off yoga classes draw concert-size crowds. Urban yogis love taking over a giant swathe of New York City real estate—and the rush of blocking out blaring taxi horns with their collective Oms. Wanna put practicing en masse on your fitness bucket list? Here are three outsize events this summer.

Summer Solstice in Times Square

Wednesday, June 20

The city's most hectic thoroughfare turns into a giant yoga studio during this popular annual event. You'll focus your gaze at gleaming skyscrapers—and throngs of tourists gaze back. You can register for one of three classes at 7:30 a.m., 12:30 p.m. (Bikram with Rajashree Choudhury), or 7 p.m. Times Square, FREE, www.timessquarenyc.org

GLBL YOGA (Global Yoga)

Thursday, August 16

Flavorpill and Matter Unlimited team-up to host what they hope will be the largest-ever yoga class with 15,000 people flowing to the instruction of star-power yogis—Elena Brower, Rodney Yee, Colleen Said-

man Yee, and Seane Corn—on Central Park's Great Lawn. Expect a full-on, powerhouse 90-minute class with live music. (And do your anti-rain dance the night before. The 2010 event was rained out after about 20 minutes.) Registration required. 4 p.m. Central Park's Great Lawn, FREE, www.glblyoga.com

Wanderlust in the City

Sunday, September 9

The mega yoga-music fest that started it all comes to New York for the second time just as the summer sun is beginning to set. Elena Brower and Schuyler Grant will headline, and expect other great teachers and musicians. FREE, Pier 63, www.wanderlustfestival.com

Pure Strength.

Stretch out the summer at Pure Yoga. Take your practice to the next level and discover new strengths and possibilities today.



PURE
YOGA

PURE EAST E. 86th St.

PURE WEST W. 77th St.

pureyoga.com

NEW YORK

HONG KONG

SINGAPORE

TAIPEI

The Perfect Summer Tote

You already work out. You don't need a summer bag heavier than a kettlebell. Here are the season's staples and nothing more.

Make your makeup disappear (*sans* sink!) with **La Fresh Oil-Free Face Cleanser Wipes** before a workout, then all traces of sweat afterward. \$9.99 for 20 wipes, lafreshgroup.com



Kulae Elite Hot Hybrid is a surprisingly light towel-and-yoga-mat-in-one. \$88, www.kulae.com



Sunny striped linen combines with a sturdy leather structure in this **Rag & Bone Simple Tote**. It has exterior back patch pockets for your Metrocard, lip balm, and phone. \$290, www.shopbop.com



A slim lip-saving tube of Brooklyn-made **Soapwalla Lip Locked in Citrus Ginger** seriously nourishes with rosehip seed oil. \$9, www.etsy.com



The Twistband is the hair accessory of the season. Starting at \$2 for a hair tie, \$4 for band. www.thetwistband.com



Sprinkle **Skinnyskinny Black Pepper & Rose Organic Dry Shampoo** on your post-workout hairline to bring your blowout back to life. \$9 for travel size, www.skinnyskinny.com

You can apply this **Raw Elements Eco Stick SPF 30+** without getting it all over your hands. And it won't leak in your bag. \$15.99 www.saffronrouge.com



Outdoor Fitness Classes

Come summer, no spot in the city goes untapped for group fitness. We're talking IntenSati in the parks to Pilates on piers, and plenty more special programming that runs through Labor Day. For a list of our favorite year-round boot camps, check out WellandGoodNYC.com

EVERYWHERE

As part of its **Shape Up: NYC** program, the city's Parks & Recreation Department offers fitness classes from Ab Strengthening to Zumba in parks and piers of every borough, with trainers from local gyms and studios. Check the schedule for outdoor classes. www.nycgovparks.org

DOWNTOWN

Pier 25, Hudson River Park

Lolë and Fitist.com co-host **Summer on the Pier** every Tuesday at 6:30 p.m. with some of the city's best boutique fitness instructors—Keoni Hudoba of Barry's Bootcamp and Kara Liotta of Flybarre. June 5–August 21, FREE, www.facebook.com/loleshowtiquenyc

Meatpacking District

Meet up with the **Meatpacking District Run Club** at the Icebreaker store on Washington and Gansevoort Streets on Tuesdays at 6:30 p.m. After an hour run, enjoy snacks, drinks, and a 20 percent in-store



discount—plus half-off a day pass to the Sports Center at Chelsea Piers. April–September, FREE, www.chelseapiers.com

Union Square

The plaza's Thursday morning **Summer in the Square fitness classes** include full-throttle workouts like Ariane Hundt 8 a.m. Brooklyn Bridge Boot Camp or the more mellow yoga and classes for kids. June–August, FREE, www.unionsquarenyc.org

UPTOWN

Central Park

Meet beloved **IntenSati** instructor Lindsay Davis at the Columbus Circle statue and walk into the park for affirmation-laced cardio on Saturdays at 10 a.m. April–October, FREE, www.facebook.com/groups/centralparkintensati/



ARIANE HUNDT
FOUNDER OF
BROOKLYN BRIDGE
BOOT CAMP

Why I Love Working Out Outdoors in New York City:

Personally, running on treadmills bores my brain and my body. Having visual stimulation outside, seeing landmarks as distance markers, keeps me motivated and focused.

Teaching outdoor boot camp classes in **Union Square's Summer in the Square program** is so much fun—the classes are never short of curious onlookers, cheering us on or participating in a few moves.

When you work out outdoors, you really notice how many things are happening all over. You become part of these events for a few moments. The city draws you in, and these experiences can change your view of yourself or the city.

Upper East and West Sides

The **Athleta and Urban Girl Squad Run Club** meets every other Sunday at 10 a.m. at the Athleta UES store (May–July), and on the UWS (Aug.–Oct.). Runs in Central Park are followed by mini-workshops on topics like nutrition and injury prevention. May–October, FREE, www.urbangirlsquad.com

As part of this free Summer on the Hudson series, you can sign up for free **kayaking and paddling lessons** (Downtown Boathouse, at 72nd Street and Hudson River), take drop-in **salsa and cha-cha classes** on Pier 1 with the Piel Canela Dance and Music School, or join **Tai Chi classes** on Sundays at 8 a.m. at Sailors and Soliders Monument. June–August, FREE www.nycgovparks.org

West Harlem Piers Park

Dance along the river in this Shape Up NYC class. Instructor Mercy Irizarry teaches **Zumba** on Saturday mornings at 11 a.m. May–September, FREE, www.riversideparkfund.org

BROOKLYN

Brooklyn Bridge Park

The piers beneath the Brooklyn Bridge transform into a veritable fitness playground during the summer months, with daily **fitness classes** in Pilates, Zumba, hip-hop aerobics, belly dancing, and more. June–September, FREE, www.brooklynbridgepark.org



QUEENS

Socrates Sculpture Park

This artist's oasis on the East River hosts weekend morning **fitness classes**—take Capoeira on Saturday at noon, Pilates on Sunday at 10 a.m., and Tai Chi on Sunday at 11 a.m. Bring an extra tote bag for a stop at the on-site farmer's market while you're here. May 12–September, FREE, www.socratesculpturepark.org

Well+Good Workshops at Pure Yoga

Sometimes we crave a little climate control. Take it indoors with us at Pure Yoga. **Subscribe to Well+Good** for first dibs and early signup to these special no-membership-required classes at Pure West that are just for Well+Good readers. \$30 per class, plus beauty and juice perks galore.

Hot Power Flow with Loren Bassett

Thursday, July 12, 7:30–8:30 p.m.

Figure 4 with Kate Albarelli

Thursday, July 19, 4:45–5:45 p.m.

Vinyasa Yoga with Scott Harig

Thursday, July 26, 7:30–8:30 p.m.

We All Scream for Sunscreen

We like our sunscreens loaded with minerals—that is, zinc oxide and titanium dioxide—not chemicals. These nine road-tested picks top our list. (And note to sensitive types, none caused cause itching, burning, or breakouts.)

Snowberry Everyday Medium Sun Protection SPF 15 (\$35)

You get high-tech antioxidants and sun-protection boosters from red algae in this sunscreen, made by a New Zealand-based natural beauty line that just came stateside.

www.henribendel.com



Neal's Yard Wild Rose Daily Moisture Sunscreen SPF 30 (\$36)

It's really a moisturizer with wild rosehip oil, borage, and Frankincense, plus a sunscreen. And it's certified organic by the UK's stringent Soil Association.

www.us.nyorganic.com



Block Island Organics Mineral Sunscreen SPF 30+ (\$34)

We proclaim this the must-have natural sunscreen of the season. It's incredibly light-weight, blends well, and is subtly scented with grapefruit extracts. www.blockislandorganics.com



Pratima Neem Rose Face Sunscreen SPF 30 (\$18)

Soho's Ayurvedic beauty doctor makes this amazing sunscreen with about five ingredients. The texture and rose scent are super elegant, like a beauty product you'd pay way more for.

www.pratimaskincare.com



MyChelle Sun Shield SPF 28 in Coconut (\$19.19)

Consider this coconut-y sunscreen your Coppertone substitute. It uses ZnClear (refined zinc), meaning no Morticia Adams hue. www.mychelle.com

Lavanila The Healthy Sunscreen SPF 40 Face Cream (\$28)

Get your sun-protection with a heaping tablespoon of aloe and hyaluronic acid in this new creamy offering. (It smells a tad like tea.)

www.lavanilla.com



Organic Pharmacy Cellular Protection Sun Cream (\$59)

The Rolls Royce of natural sunscreens, consider it an investment in bonus ingredients like red tea and rosehip that help soothe and improve skin.

www.theorganicpharmacy.com



Vive Sana Solar to Polar Ultra SPF 40 (\$29)

This cult-favorite chem-free sunscreen is loaded with plant extracts that calm freakout-prone or shiny skin. Bonus: It really stays put during workouts.

www.spiritbeautylounge.com



John Masters Organics Natural Mineral Sunscreen SPF 30 (\$32)

We love the unisexy packaging, and its barely-there appearance on your skin. And pretty much all of the ingredients have a skin-care benefit, too.

www.johnmasters.com



Sunburn in the City:
5 Tips on How to Avoid Frying Your Skin During Outdoor Workouts

Burning the heck out of your skin in the name of health and fitness makes no sense.

1. Apply sunscreen before class. But not too early. Sun protection is only good for two hours—or less if you're super fair or super sweaty.
2. Keep a hat and sweat-proof sunscreen in your yoga tote or gym bag all summer.
3. Remember to slather sunscreen on the back of your neck, arms, knees, and calves, which are the hardest to see but are going to get the brunt of sun exposure.
4. Be careful of saluting the sun too literally. Scout some shade or, even better, plan for where the sun's moving, if you can.
5. Prevent turning your yoga mat into a slide of zinc oxide. Use a sunscreen stick, since it keeps your hands clean.



Be sure to check out WellandGoodNYC.com over the summer for all the intel you'll need to have your healthiest summer yet—the healthiest outdoor restaurants and the most inspiring 10Ks, to the hottest workout tanks and scenic Hampton bike rides.



If you enjoyed this Guide, share it with your friends and join WellandGoodNYC.com! Subscribers get a free copy of **7 Sensational Smoothies**, created by our smoothie mixologist.

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