

extension

SALUTE TO THE SUN

Working in a busy office environment all day, or pushing through peak hour subway crowds can be exhausting. A great place for Tokyo's high fliers to come down to earth and relax is Meguro's Sun and Moon Yoga. A recognized way to relieve stress, and build muscular back and joint support, yoga classes are offered in most gyms these days, but Sun and Moon's sunlit studio provides a wide, open space to revitalize. "It's like servicing your car," owner and practitioner Leza Lowitz explains, "you wouldn't go miles without a tune up." As opposed to gym workouts, which work from the outside in, with yoga it's the reverse, flexing and stretching ligaments and connective tissue around the joints keeps the muscles supple and build support for the spine. "These also happen to be the places we tend to hold stress," says Lowitz. The deep breathing involved helps reduce stress and calms the nervous system. "I think men think yoga wouldn't be a good workout, but it's an incredible workout, for body and mind," Lowitz says. Sun and Moon Yoga offers beginner to advanced classes, as well as restorative classes, which are designed to restore your body's balance without requiring muscular effort. *Meguro Eki Mae Mansion, Higashi Guchi Building, Kami Osaki 3-1-5 Suite 204 Shinagawa-ku, Tokyo (03-3280-6383). Check the website for booking details: <http://www.lezalowitz.com/sunandmoonyoga.html>*

