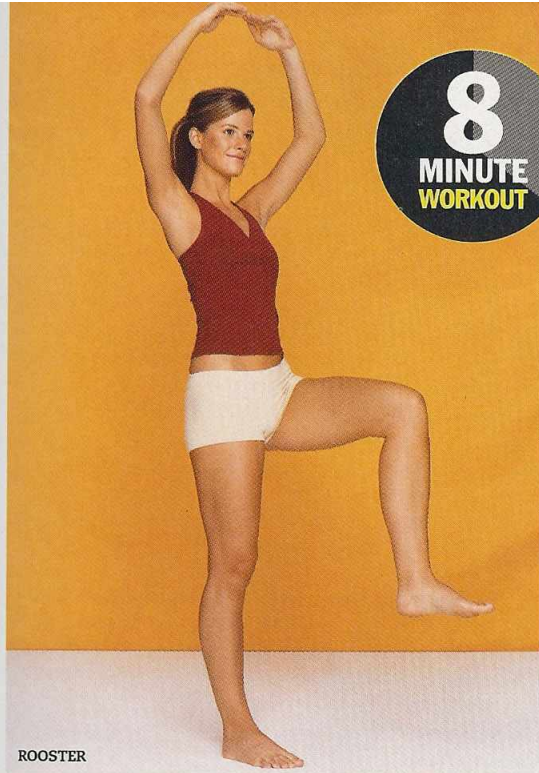


**8**  
MINUTE  
WORKOUT

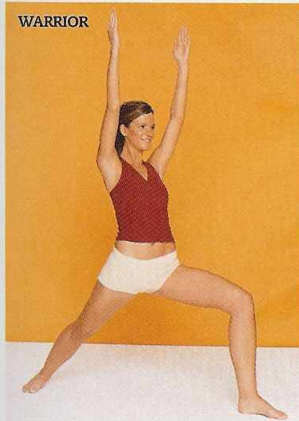
# Get Calm in 8 Minutes

**REENERGIIZE YOUR MIND AND BODY IN EIGHT MINUTES FLAT** with this combination of yoga and tai chi developed by Lawrence Biscontini, 2004 IDEA instructor of the year and group wellness manager at Wyndham El Conquistador Resort & Golden Door Spa in Puerto Rico. "You'll increase your physical range of motion through movement, as well as your mental clarity by delivering more oxygen to the brain," says Biscontini.

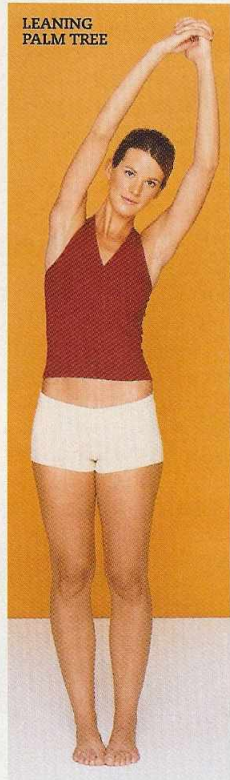
To maximize the energy-boosting benefits, be sure to breathe in and out through your nose during the entire workout. "Coordinating movement with breath will reawaken your mental energy and your tired muscles," says Biscontini. —Lara McGlashan



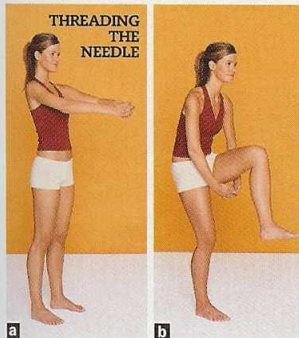
ROOSTER



WARRIOR



LEANING PALM TREE



THREADING THE NEEDLE

a

b

**Minutes 0:00–0:30 Sinking the Chi**

Stand with feet hip-width apart. Inhale, circling arms overhead as if you were taking hold of a large beach ball, fingertips touching. Exhale, lowering the "ball" to chest level. Inhale, returning your arms overhead. Exhale, lowering arms to your sides. Repeat.

**0:30–1:30 Rooster Stands on One Leg**

Continue the motion from sinking the chi, above. This time as you raise your arms, lift one knee to belly-button level. Exhale, lowering your arms and leg. Repeat on other side.

**1:30–3:30 Warrior One Modified**

Step right leg forward into a lunge position. Right toes should be pointing straight ahead. Bend right knee until thigh is parallel to the floor. Turn left foot so toes point to the left. Inhale, lifting arms overhead with biceps by ears and palms facing each other. Hold for 3 deep breaths. Exhale, lowering arms to sides. Step right foot back to meet left. Next step right foot behind you, coming into a lunge position with left foot in front. Repeat sequence on left side and continue alternating.

**3:30–5:00 Evolved Threading the Needle**

a. Standing with knees soft, inhale and make a big circle with arms in front of your body, fingers clasped. b. Bend forward and step right foot through your arms. Place foot flat on floor, standing up as far as you can without straining or unclasping fingers. Hold for 3 breaths. Step out of position and repeat on left side.

**5:00–7:00 Leaning Palm Tree**

Stand with feet together. Inhale as you clasp your hands overhead, keeping biceps near ears. Exhale and lean as far as you can to the right. Be sure to keep shoulders relaxed and hips square. Hold for 5 breaths, then inhale as you slowly come to the center and repeat on the other side.

**7:00–8:00 Back Bend**

Stand with feet hip-width apart. Place palms on lower back, fingers pointing down. Inhale, looking up toward ceiling. Lean back as far as you comfortably can. Resist the urge to shrug your shoulders. Exhale slowly as you return to start. Repeat.