

EVERYONE'S TALKING ABOUT... **YOGABALLETFUSION**

WHAT IS IT? A yoga workout with a difference. This holistic technique incorporates moves from Pilates, ballet and contemporary dance, along with a form of dynamic yoga to make you sweat and unwind all at once. Devised by professional dancer and yoga teacher David Olton, routines are updated regularly to leave your body and mind energised, toned and strengthened.

WHAT CAN IT DO FOR ME? 'The fact you have to focus for an hour means it really helps you unwind from daily stress,' says Olton.

'It also strengthens your cardiovascular system, tones your body and improves overall shape. In fact, every muscle in your body is used.'

WHAT HAPPENS IN A TYPICAL SESSION?

After a thorough warm-up that focuses on correct body alignment, you'll be taken through a 25-minute session of energetic flowing yoga vinyasas (sequences of yoga postures incorporating breathing) and standing postures. The next section consists of Pilates- and ballet-inspired mat work, before a section devoted entirely to dance. This could be anything from learning how to plié to mastering some lively Bollywood moves. By this time, you'll welcome the final warm-down. The class is set to music and lasts around an hour.

healthy's features writer Aviva Ingram says, 'You never quite know what's coming next in the class, so it keeps you on your toes, mentally and physically. I was still sweating during the relaxation! For a holistic workout with a difference, try this.'

● For more information, visit www.yogaballetfusion.com.

