

GOTHAM

MOMMY, DEAREST
ON THE JOB WITH
MANHATTAN'S
POWER MOMS

LIEV SCHREIBER
LEAVES US BREATHLESS

DINING IN THE

MIND- AND BODY-BENDING

You probably know that yoga works to foster sinewy bodies and serene minds. What you may *not* know is where to get the best workout in the city. Whether you're a beginner or an advanced student, you'll enjoy checking out these superb studios for calming your psyche and toning your chassis.—TESS GHILAGA

Ellen DeGeneres

Sarah Tomlinson

Yoga devotees who desire a broader yogic transformation can turn to an English rose for help. The UK's Sarah Tomlinson and Gandharva Sauls, her partner, provide a total experience. Sauls maps out your ayurvedic blueprint by analyzing your astrological chart, then develops a customized asana and meditation practice. In addition to sharing her deep knowledge of the body and yogic postures, Tomlinson can also bring good energy into your home, creating soothing geometric artworks known as yantras, and utilizing the Indian version of feng shui to remove areas of stagnation from your life and home. 212-631-4283; yantratecture.com.

LOCO
AT HO
LULU deKWIA

KNOCKOUT
FOR THE SV

ANDRÉ LEON
BEEN AROU
HAS THE
TC



www.gotham-magazine.com
NICHE MEDIA, LLC