

PHOTO BY ALLIE HAMBRIGHT



Natalie Cargin '20 and Josie Anderson '19 warm up before a hot yoga class Jan. 14 at Hot House in downtown Iowa City on "Yoga relaxes me, and I just feel that way all day," Cargin said.

relaxation YOGA

No more smelly weight rooms, dumbbells or squats. Students started hitting yoga studios instead of the gym to improve strength and flexibility. "I started yoga for dance, because it helps you with flexibility," Josie Anderson '19 said. For some, yoga promotes a well-balanced lifestyle. "I enjoy yoga because it's relaxing and helps me focus on my body and mind," Issy Gray '18 said. Stressful times call for bringing out your inner zen. "Yoga helps me clear my mind and refresh my body," Kristin Asa '19 said.

PHOTO BY ALLIE HAMBRIGHT



SCORPION

Elle Bode '18 holds a challenging yoga pose Jan. 19 at Nolte. "I love yoga because it is a calming workout but it makes you work hard and sweat," she said. "It is one of my favorite workouts."

HEADSTAND

Lizzie Raley '19 holds a headstand before Vinyassa class at Hot House. "My dad introduced me to yoga," Raley said. "It's really helped me learn how to focus and control my body better."



PHOTO BY ALLIE HAMBRIGHT

DOUBLE TROUBLE

Issy Gray '18 and Haley Miller '19 practice a partner yoga pose after dance class Jan. 18 at Nolte Academy.



PHOTO BY SIDNEY KOUT

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