

## The two-week cure

Feel better about yourself—at work, in bed and in life—with this combo workout. By **Lisa Freedman**

Lots of magazines claim to have found the key to perfection, but we actually have. Turns out, the answer to everything—great sex, confidence, good health and more—lies in a combination of yoga and Fluidity. Familiar with yoga but not so much with the second? “Fluidity uses your own body weight to build strength and flexibility,” explains Michelle Austin, founder and CEO of Fluidity Fitness (catch a class at *Printing House Fitness + Squash Club, 421 Hudson St at Leroy St, 212-243-7600, phfrc.com*). “While yoga strengthens primarily the front of our body, Fluidity focuses on strengthening the back of our body.” Austin tells us that these backline muscles are weakened by chronic sitting postures and habitual movements (read: sitting on your fat ass in front of a computer all day, every day) and this weakness accounts for nearly 90 percent of injuries. Fluidity also stabilizes and strengthens the pelvic muscles, which, like posterior ones, are overlooked in traditional exercises—even yoga. Here, one of Austin’s teachers and nine experts from Pure Yoga (203 E 86th St at Third Ave; 212-360-1888, *pureyoga.com*), a new yoga haven that offers 19 different types of practice, provide a regimen for a powerful one-two punch of flawlessness.

### September

● YOGA WORKOUT ● FLUIDITY WORKOUT ● DAY OFF

**11**  
THU



Today, **balancing your emotions** might be tough: To help, David Regelin suggests this handstand. “Most people think a handstand is about keeping your feet straight up,” explains Regelin, “but as long as your hips are in line with your spine, it doesn’t matter where your feet are.”

**12**  
FRI



The pretzel will help you stealthily **navigate into that cramped subway seat** with ease. A bonus: Not only does this move make you more agile, Austin says it can help carve away love handles.

**13**  
SAT



Hello, date night! If you want to **look good naked**, try the *parivrtta janu sirsasana*, demonstrated by Heather Shaw. “It lengthens the abdominal muscles and gets rid of love handles,” she says.

**14**  
SUN



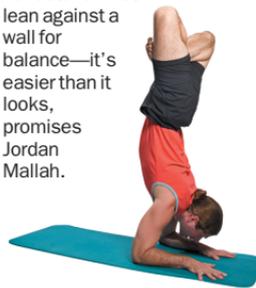
No matter how fit you are, you should never work out nude. Head to the newly opened **lululemon** (1127 Third Avenue at 66th St; 212-755-5019, *lululemon.com*) for yoga-inspired athletic wear.



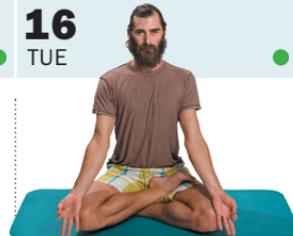
**Jordan Mallah of Steadfast Freedom Yoga**



Got a big office presentation? Calm down and **breathe easier** with this altered handstand. Just lean against a wall for balance—it’s easier than it looks, promises Jordan Mallah.



**16**  
TUE



Your senses are distracted by a million things a minute (or so it seems), but this half-lotus position will help you **pay better attention to your surroundings**. “Sitting on a pillow drops your hips and makes it even more comfortable,” points out Paul Manza.

**17**  
WED



According to Austin, this simple pull-up can get rid of the fat in your upper arms. You’ll never be ashamed to **wave in public** again!



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