

Home Studio

Finding time to fit in your usual yoga classes can be a challenge during the holiday season. And stressing out over de-stressing certainly isn't the answer. With just a few key items, you can more than make do at home. So claim a quiet corner as your own yoga studio this season, roll out the mat and relax. Who knows? You may find yoga at home to be your new routine year-round.



YOGINI IN A BOX

Can't get to class? There are no more excuses with My Yoga 2 Go, your class-in-a-box that combines the flexibility of practicing your asanas at home with the guidance of an experienced yoga instructor. The kit offers seven different yoga sequences displayed on a pose card by number; the cards are inserted into a clear plastic display tote that can easily be hung over a door or door handle for a complete visual of your yoga sequence. \$29.95; myyoga2go.com



ROCK AND ROLL

Okay, they're a bit odd looking. But these funky shoes are good for you. The Swiss-made MBT (Masai Barefoot Technology) calls itself the "anti-shoe," claiming that round-heel shoes force you to use small muscles in your feet and legs, which improves posture and decreases the load on your joints. Sandals, sneakers, boots and business shoes are available. Shown here in Kaya, \$250; mbt.com