

# Time Out

## London

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JANUARY 12-19 2005

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# HEALTH AND FITNESS SPECIAL

First aid for the body and soul

## + **ALTMAN AT 80: A CELEBRATION**

The maverick director reflects on a lifetime of fearless film-making

Jonny Wilkinson + pies + Noddy Live! + opera made easy

## ...FOR PERFECT PILATES

### Christine Hocking

(020 7240 5922/  
www.pilatesbodyawareness.co.uk).  
Cost £15 trial class then £73/  
ten weeks.

With a background in dance and choreography, Hocking has offered live levels of precise, focused and progressive 'body awareness' group matwork classes since 1987. She runs her programme from Marylebone Dance Studio, 12 Lisson Grove, NW1; and London Studio Centre, 42-50 York Way, N1. Hocking's motto is 'Real Pilates at a price real people can afford' – a message some others would do well to heed.

### Pilates Art

2b Heath Hurst Rd, NW3 (020 7794 6560/www.pilatesart.com)  
Hampstead tube. Cost £50  
introductory session then £225/  
five classes.

The name of this spacious and attractive centre not only reflects the interesting paintings on the wall, but the fact that Pilates is an art with skills that can be learned and developed. And there are few better teachers than the team of specialists from the Australian Physiotherapy and Pilates Institute who work here. In Oz, Pilates is taught primarily as a rehabilitative technique rather than a type of trendy exercise – and that philosophy is fully embraced in this well-equipped studio.

### Pilates & Yoga Movement Studio

Queex Road Methodist Church,  
Kingsgate Rd, NW6 (020 7624 3948/www.pilatesyoga.com)  
Kilburn Park tube.

There's an obvious affinity between these two disciplines, as they both emphasise quality of movement, care and conscious application. Anne Marie Zulkahari – once a dancer on 'Play Away' and a consultant to

'Teletubbies' – discovered Pilates in the 1970s after suffering an injury and was closely involved in setting up the Pilates Foundation with a particular interest in teacher training standards. In her own studio she specialises in remedial and rehabilitation work, offering small-group (one to four people) Pilates equipment classes for £25 and twice-weekly yoga classes (£12). There are good discounts for regulars.

### WHAT'S THE BEST WAY TO PREVENT A WINTER COLD?

I would recommend a high vitamin C intake – whether this be from juices, vegetables or a supplement. I'd also suggest a good multivitamin, such as Garden of Life Seasonal Relief – this delivers the most potent immune-boosting ingredients nature has to offer and is made from oregano, echinacea, Golden Seal, peppermint and ginger. If a cold does strike, pop a few drops of lavender, rosemary and eucalyptus essential oils into your bath – this combination relieves aches and pains and eases congestion. Also pop a few drops of lavender oil on your hands and feet to relax and promote a good night's sleep.

**Christina Barton** is a nutritionist and founder of *Chrisbar Health & Nutrition*

## ...FOR SPECIALIST YOGA

### Iyengar Yoga Institute

223a Randolph Ave, W9 (020 7624 3050/www.iyi.org.uk) Maida Vale tube. Cost from £7/class.

A minimalist architecture style (think glass bricks meet French windows) characterises the two large studios here. There's under-floor heating while natural light pours in. Around 50 classes take place each week, with a maximum of 35 people in the large studio. The 25 teachers are all certified by the BKS Iyengar Yoga Teachers' Association. Specialist slots include classes for pregnant women, children, over-59s, and two appointment-only remedial classes. There are regular workshops with international teachers, and a thorough two-year teacher training course is available.

### Sivananda Yoga Vedanta Centre

51 Felsham Rd, SW15  
(020 8780 0160/  
www.sivananda.org/london)  
Putney Bridge tube. Cost  
£6-£8/class.

Now more than 25 years old, this centre is an ashram. That's to say, people live the yogi life here so expect a purist religious vibe. The teaching is of a high and precise standard and a course will set you up for any type of yoga. All aspects of yoga are featured, with nutrition, meditation and positive thinking complementing breathing, relaxation and postures.

There are two to four courses running each day, including children's and pregnancy classes.

### Yoga Therapy Centre

90-92 Pentonville Rd,  
N1 (020 7689 3040/  
www.yogatherapy.org) Angel tube.  
Cost £8.50/class, or £34/live.  
More than 20 specialists at this centre give classes aimed at alleviating the effects of asthma, cancer, arthritis, back pain, stress, HIV, MS and ME. Julie Friedeberger's 'yoga for cancer' classes are world-renowned. Staff are knowledgeable, helpful and approachable with expert assessment available. The centre also offers a programme of general yoga classes, workshops and retreats.

### CELEBRITY COLD REMEDY

'Vitamin C and echinacea. I know everybody says that, but it really is the business. Liquid echinacea is the best. It does taste disgusting, but just put it in orange juice and knock it back. I got my 84-year-old dad on it and it even worked for him.'

**Minnie Driver**

### WHAT SHOULD I EAT WHEN I'VE GOT A STINKING COLD?

'A big pot of onion soup. Simmer lots of onions and garlic with good quality vegetable or chicken stock so it reduces and thickens up. Add some chopped chillies and a dash of Thai chilli sauce so it's got a bit of a kick. The antioxidants [substances that prevent cell damage] in the onions and garlic are very beneficial for colds.'

**Joanna Hall** is a fitness and nutrition expert

## EASELS - ONE TIME OFFER!



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