



#### ART AND YOGA

Other museum patrons peer into the Crossroads from time to time — maybe this is the performance art But Art and Yoga, a free weekly event at the Dallas Museum of Art sponsored by Goodbody's Yoga Studio, starts with discussion about one of the Hindu artworks in the fine galleries and continues with a yoga class tied to its theme. On an evening that starts with a brief about a statue of Vishnu with a lotus, the yoga class takes out all the necessary bits to accomplish the culminating pose — the lotus, or Padmasana.

#### SCENE & HEARD

## Yoga with a twist

Want more from yoga than sticky mats, asanas and oms? These four options definitely bend the rules.

BY SOPHIA DEMBLING  
PHOTOGRAPHY BY ALLISON V. SMITH

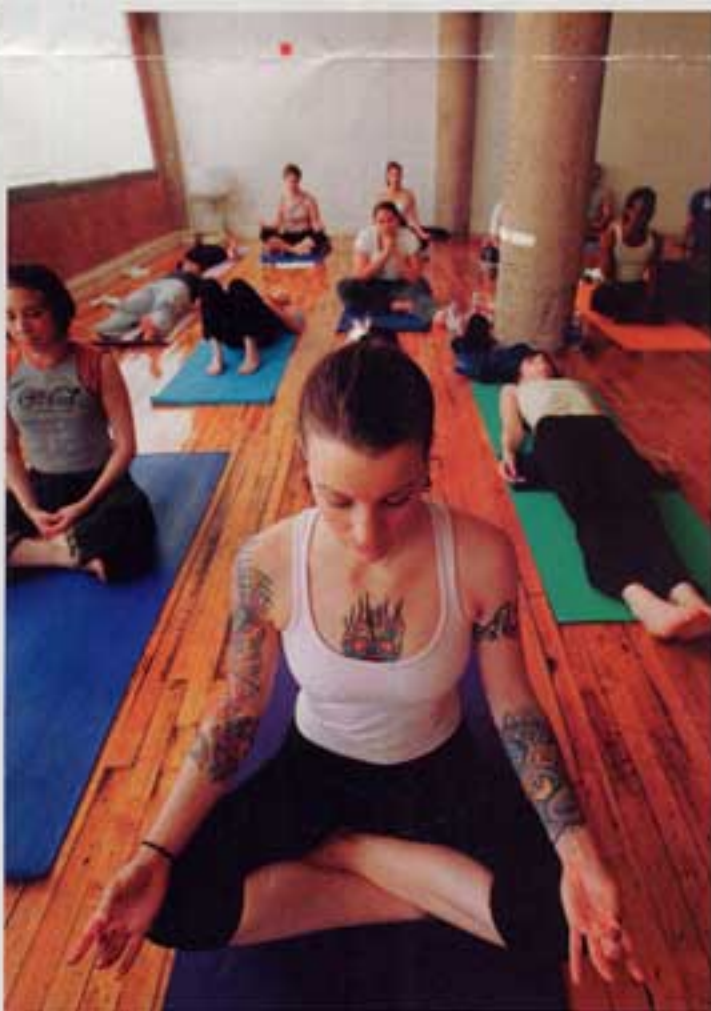


#### YOGA UNDERGROUND

**SCENE:** The bendiest people are in the front row, but the Yoga Underground is an all-levels event-cum-class where beginners unselfconsciously share the space with lithe yogis.

These four options definitely bend the rules.

BY SOPHIA DEMBLING  
PHOTOGRAPHY BY ALLISON V. SMITH



#### NAMASTE ALL OVER THE PLACE

Yoga is the mantra-du-jour all over Dallas, and classes are as varied as the venues and teachers. A few other events and classes to try:

- **The Nasher Sculpture Center** will host free yoga classes in the garden from 11:30 a.m. to 12:30 p.m. the first Saturdays in April, May and June as part of its special Saturday Family Day, when admission to the center will be free from 10 a.m. to noon. Classes will be taught by Jessica and Stephanie Young of Yoga Power. For information, call 214-242-5100 or visit [www.NasherSculptureCenter.org](http://www.NasherSculptureCenter.org).

- **Living Yoga Dallas** brings in yoga masters from all over for sessions. Coming up, Ana Forrest of Santa Monica's Forrest Yoga will give a master class and weekend workshop April 1-3, and Bryan Kest will give a Power Yoga weekend workshop and master class April 22-24, both at the Sammons Center for the Arts. For more information, call 214-739-1605 or visit [www.livingyogadallas.com](http://www.livingyogadallas.com).

- And if you get stressed spending too much on your relaxation, **Dirt Cheap Yoga** at Reverchon Recreation Center is just \$50 for eight classes, plus a \$15 annual rec-center membership. Classes are taught at the center, 3505 Maple Ave. For more information, call 214-763-2971 or visit [www.dirtcheapyoga.com](http://www.dirtcheapyoga.com).

#### YOGA UNDERGROUND

**SCENE:** The bendiest people are in the front row, but the Yoga Underground is an all-levels event-cum-class where beginners unselfconsciously share the space with lithe yogis. This pay-what-you-please floating Sunday class, taught by the charismatic Chinook Wusdhu (above), is the rave of yoga classes: Location is disseminated each week via e-mail and word of mouth. When weather permits, Yoga Underground might be at White Rock Lake or on the roof at South Side on Lamar, where Wusdhu's home studio, Tsada Yoga, is located. Class might start with a live guitarist and end two hours later with a Tantric meditation — but one of the attractions, say loyalists, is that it's always different.

**HEARD:** "It's one of the most positive aspects of my week. He has such a positive energy. It's lighthearted but also thoughtful," says Erwan Perhirin, who works for American Airlines. "Chinook is just really, really real," says Spanish teacher Valerie Bennett.

Tsada Yoga, 1409 S. Lamar St., Loft 745; 214-485-3225; [www.tsadayoga.com](http://www.tsadayoga.com)



#### CANDLE POWER

**SCENE:** What do you expect from a full-service spa in a shopping center, next to the Tom Thumb? Unpretentious?

You've got it. Step from the chaotic parking lot into Kokopelli's Wellness Spa and Yoga Center, and a waft of lavender and who-knows-what delicious spa fragrance is an immediate relaxation trigger. In the well-equipped (blocks, blankets, straps) 900-plus-square-foot studio, a row of lighted candles lines the front mirror and about 10 students sit on mats for a pre-class meditation. "Leave behind barking bosses, crying babies and traffic," says Kandlelight class instructor Keva Larthridge-Mack. "OK, I hear Darth Vader now," she teases about the class's audible yoga breaths.

The class is big on strength moves — the chair, the warrior — and Larthridge-Mack moves around the room encouraging and making small adjustments to students' poses. Rewards come at the end of class with a candle meditation, and the aromatherapy eye pillows she places gently across every student's eyes for the final relaxation. Classy.

**HEARD:** "I come just to recharge my life," says Heather Scoggins, who is currently unemployed. "I do a lot of more intense yoga involving weights, so I use this as my fun class. It's purely for me." Amy Davison, a CPA, comes because "I'm needing the stress release."

Kokopelli's Wellness Spa and Yoga Center, 4760 Preston Road, Ste. 208, Frisco; 972-225-2623; [www.kokopellispa.com](http://www.kokopellispa.com)