

# Doing the Yamuna

**NETWORK: B.C.**  
men and women  
tell it the way it is

BY JEANI READ  
STAFF REPORTER

## Taylorre Carre

Certification trainer, Yamuna  
Body Rolling, West Coast Pilates  
& Health in North Van.

**Yamuna: Hot new fitness?**

"It's a new way of taking care of our bodies based on the ancient foundation of yogic principals. Foot fitness and Yamuna Body Rolling made headlines last month in *Vogue*, *W* and Canadian newspapers nationwide. Using a variety of sizes and densities of balls, it works systematically with the body's natural energy pathways."

**Weird or wonderful?**

"Both. Just sitting, standing or draping your body over a ball can be an all-over body massage, the best of a chiropractic treatment, the deep stretch and energy surge of a great yoga class and a tremendous workout all in one."

**Head to toe?**

"Absolutely. The foot-fitness part gets a lot of attention because women love the idea of strengthening feet and walking differently in stilettos as well as barefoot and in flats. But Body Rolling is whole-body fitness — it makes people energetic, flexible and pain-free."

**What's Yamuna?**

"Yamuna Zake has developed Body Logic Rolling over the past 25 years. She's a Manhattan yoga teacher and body therapist."

**Yoga or Yamuna — pick one.**

"I can't do it. These two practices are synergistic and together so much more powerful. It's like having the best and the best."



Taylorre Carre: Feet first. WAYNE LEIDENFROST — THE PROVINCE

**Always an entrepreneur?**

"I keep turning my hobbies into my businesses. First I started selling and marketing the natural foods and products I was eating and using. Now my next hobbies — yoga and Yamuna Body Rolling — are my primary business."

**Urban or suburban?**

"I'm definitely a city girl at heart. Gotta love this city. When Yamuna visits from NYC she loves my neighbourhood — The Drive. It reminds her of home."

**To cook or not to cook?**

"Summer patio is my best cooking time. Definitely barbe-

cue on the patio with friends and family."

**Perfect day off?**

"On the beach. I'm a beach-walker."

**Secret talent?**

"I make a fantastic lemon-meringue pie."

**Guilty pleasure?**

"Let me check that yoga handbook—ah yes, this is classified as guilt-free. A day of pampering at the Miraj Hammam spa."

**Always a trendsetter?**

"Quite by accident. I always think I'm a geek and then it gets trendy."

— jread@png.canwest.com



# Shoe therapy: New fitness craze helps women heal their heels

'Yamuna foot fitness' is taking North America by storm

BY MISTY HARRIS

The latest exercise trend has women taking classes that train their feet to find Zen in a high heel.

Once the province of professional dancers, Yamuna foot fitness — the art of wearing stilettos without suffering — is finding a home among North America's shoe divas.

From the pages of this month's *Vogue* to the gyms and yoga studios of Canada, the unlikely fitness frenzy has women talking. And walking.

"I believe this is going to be the next wave," says Taylore Carre, Yamuna's certification trainer for Western Canada. "The interest is just tremendous. The classes are so busy at the community centres, there's such an overflow, that now people are coming and wanting to do one-on-one sessions."

The idea behind Yamuna foot fitness is that tension and discomfort must be treated at its origin. By strategically stretching the foot muscles



DON MACKINNON/EDMONTON JOURNAL

Instructor Taylore Carre shows how Yamuna foot fitness works.

from tendon to tendon — a process achieved using Foot Savers, which resemble halved squash balls — a woman can improve her gait and alignment, stimulate reflexology points, strengthen arches, increase range of motion, and elongate the muscles of the calves, thighs, hips and lower back.

"Any woman should be able to go from a stiletto to barefoot to a Birkenstock to something in between and not have back pain and not have foot pain," says Yamuna Zake, the New York yogi who founded the technique. "It's all about keeping the muscles toned."

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