

# Yoga Mania

Popular in the 1970s, yoga is once again all the rage. Why are so many people turning to this age-old set of exercises?

12% Helps increase body's natural capacity for trendiness

17% Great way to unwind after day of screaming at wardrobe assistants

19% Teaches art of "breathing," an ancient, mysterious air-intake technique

15% Hoping to get laid at wild, *Animal House*-style yoga parties

14% Enjoy saying into cell phone, "I'm late for my yoga class"

10% Like the sound of "Lotus Position"

7% Tae-bo so 1999

6% Are leotarded



Thought you might (hopefully) enjoy this -  
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