

what's special... what's new... what's good....

Warmer Running Pip

Ideal hat for winter running has turned the search may now be over. Since chilly and frosty nights recently, this hat is in time. Now, to our mind, the perfect hat to look great but it does need to fit great, warm ears, does not drop down over your eyes. It also doesn't make your head

It is worth it as it's the kind of kit you will never lose!



They give the ultimate fix to relieve tension and therapy oils are released from the massage

Let your inner beauty to shine
Increase concentration and circulation
Perfect for scent-free self-massage



Yoga trend....

We're booking our spot aboard a traditional style motor sailing yacht in the calm warm waters of the Turkish Mediterranean for a Yoga Cruise. What could be better than discovering pristine beaches and idyllic villages in this beautiful country, whilst enjoying two yoga classes daily on the boat's sun deck? It's suitable for all levels and taught by Kathja, a Sivananda Hatha Yoga teacher. Weeks run from July to October and prices start at €890 per person including meals.

www.yogacruise.net



VaVaVoom
We're loving this collaboration between Icelandic board sports brand, Nikita and the guys at K2 Snowboarding. Built for ladies who love the park, the VaVaVoom is now the ultimate choice for girls who ride, especially with a blend of Nikita design splashed all over it. Team this with the new Cassette binding (check it out in our Christmas gift guide on page 14) and you have all-terrain performance, comfort and style from head to snow.
Price: £280 More info: www.k2snowboarding.com



Sno-time

If you are heading for a ski or snowboard holiday get in shape first with the Roxy Sno Fit class. Designed by the experts at Virgin Active health clubs along with professional snowboarder, Lesley McKenna, it will prepare your body for a week on the slopes. The circuit based class uses Gliding Discs and weighted ViPR tubes and finishes off with a bit of yoga.

Focusing on both your aerobic fitness and strengthening your core and lower body, the instructor incorporates alpine elements into her directions as you are encouraged to run to the chair lift, head for the chalet or sit down on the sledge.

Roxy Sno Fit Workout is available now to members in all 71 Virgin Active Health Clubs nationwide.

Visit: www.virginactive.co.uk to find your nearest club and the time of the session.

