



July 2010

10

feel-good things
TO DO THIS MONTH

FLY THE COMFY SKIES Even if you're stuck with the middle seat, a few in-flight stretches can stave off tightness, says Elisabeth Halfpapp, a yoga instructor and vice president of programming at Exhale Spa in New York City. **1.** Press your right elbow on a fold-out tray for five seconds, with elbow close to chest and right hand on right shoulder. Repeat on left side. **2.** Interlace your fingers, and reach overhead, palms up. Lean left and then right. **3.** Raise your right knee, flex and point foot, and then move it in a circle. Repeat with left leg.

