

THE YOGA GURU

'I get lots of compliments on my arms'

KYRIN HALL, 28, FROM LONDON, IS A FULL-TIME YOGA INSTRUCTOR. SHE IS 5FT 8IN, A SIZE 8, AND WEIGHS 95T

'A friend introduced me to yoga six years ago. I was looking for an activity to strengthen my body and improve my posture. I tried astanga yoga and loved it; I noticed my bodyshape changing almost immediately as my muscles became more toned. I felt that my body was becoming more graceful and moving more freely. It was a natural progression for me to become a yoga instructor. I start each day at about 6am with 90 minutes of yoga, then I'll teach five or six classes – six days a week. In yoga, you use the weight of your own body as resistance, gently building muscle that's more streamlined. And because you're not stripping all the fat from your body with cardio work, you don't lose those feminine curves. I'm always getting compliments on my body, especially my shoulders and arms. I think it's fantastic that women are becoming more body conscious. Forty years ago, we were expected to be housewives, but now we're successful businesswomen and have physically demanding jobs. We've developed strong minds and we're building bodies that reflect that. I look and feel so much better now.'

■ For more information on Kyrin's classes, visit www.yogabird.com.

CHRIS SAYS 'If you don't fancy working out with dumb-bells, yoga is a great option – as Kyrin's amazing figure goes to show. She's got a really sculpted upper body (especially her arms) from supporting her body in postures such as the downward-facing dog. She's pretty dedicated in her practice – to get similar results, most women would need to work up to doing three or four yoga sessions a week.' ➤

