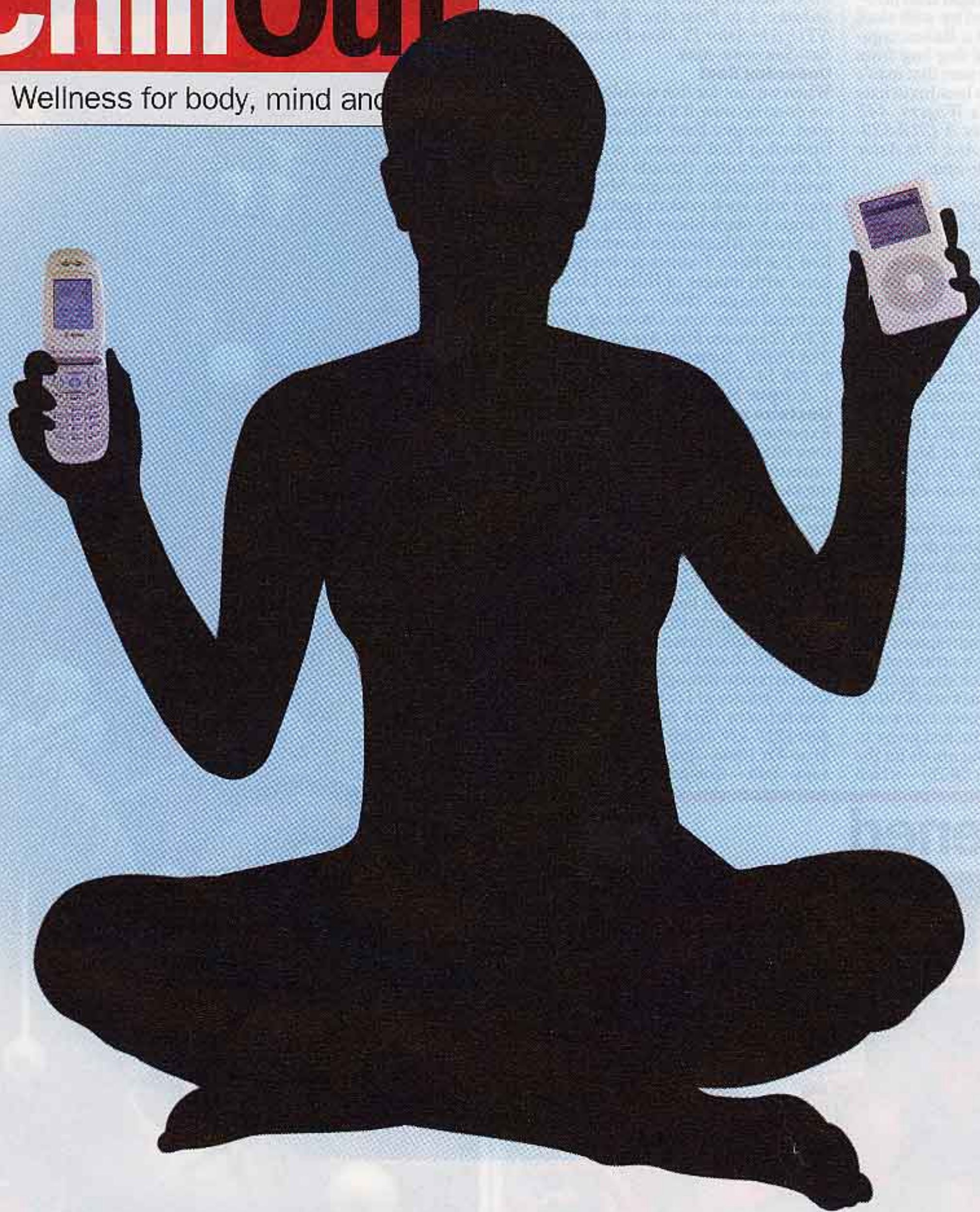


# Chill Out

Wellness for body, mind and



CHILL OUT

## I SING THE BODY ELECTRONIC

### WORK FROM OM

When other commitments keep you from Pilates and yoga classes, dig into your pockets for a solution—not for cash to pay a personal trainer, but for your iPod or MP3 player. Website **iAmplify.com**, which launched earlier this year, offers affordable fitness and personal-growth classes

and lectures as portable downloads to on-the-go practitioners. For seasoned studiogoers, though, a podcast won't measure up to the community and hands-on instruction of a class.

Listening to most of iAmplify's workouts is similar to listening to the audio of an exercise videotape, though you'd never find some of these

New services offer physical and mental well-being—through cell phones, iPods and the Net. **TONY** puts them to the test.

at Blockbuster. If you already know how to correct your postures, you could instantly get into Adrian Burke's 65-minute "Advanced Power Yoga Flow" (\$5.95) and reap physical benefits equal to taking a studio class. But although Burke's detailed directives guide alignment well enough, obviously, there's no one on hand to re-

PHOTOGRAPH BY IRENE LAGRASA