March 3, 2012

Students shed inhibitions, clothes for naked yoga

Studies have shown the many health benefits of yoga, from stronger muscles to lower blood pressure and a calmer state of mind. Now devotees are touting a new kind of yoga class to boost body acceptance: naked yoga.

Nude yoga classes have been sprouting up at yoga studios across the United States and Canada, including at Follow Your Bliss in Toronto.

Instructor Dee Dussault, who leads an all-female class as well as a session for couples, said the concept allows students who are embarrassed to be undressed in front of others face their fears, and then let them go.

“I have some people who have never done yoga before and feel safer taking it in this environment because they are afraid of the standard studio culture,” Dussault told CTV News.

Dussault said she makes the setting comfortable for her students by dimming the lights and encouraging them to close their eyes and focus on their own experience, rather than their classmates.

One of her students, Tanya Dunn, said when she told her friends about the class, the response was: “I want to try it.”

For those who may be shy but are keen to get buff in the buff, there are always DVDs they can follow in the privacy of their own home.

Jennifer Kries is the creator of Yoga Undressed. She advises students to “suspend judgement and give it a try.”

“To those people, those folks who start off by saying ‘eww’ or ‘yuck,’ you know I meet them with great compassion,” Kries told CTV. “I say ‘it is important for you to suspend judgement and give it a try.’

Kries said she believes naked yoga allows students to “liberate themselves from negative body image.” She also calls the practice empowering because students can see their muscles at work.

Shedding their Lululemons may make some practitioners also shed their inhibitions, and Dussault says she hopes to see naked yoga “take off as a trend.”

March 10, 2012

Nude cyclists hit the streets of Lima to demand safety measures

by Alexander Besant

Hundreds of under-dressed Peruvian cyclists took to the streets of the country’s capital Lima to demand better safety measures for bikes on the road.

Protestors say that thousands of cyclists have been killed on the roads because of poor safety measures and reckless drivers.

“This is our body. With this, we go out in the streets. We don’t have a car to protect us,” event organiser Octavio Zegarra told the Associated Press.

Between 300 and 500 cyclists took part in the demonstration that demanded, among other things, the government install dedicated lanes for bikes, according to the BBC.

“I have gone naked because it’s the way to raise awareness of our rights for example the bicycle lanes that are never free, there are always taxis parked, police sleeping,” protester Milagro Esquivel told the Reuters.

Official statistics show 2,830 people died in traffic accidents in Peru in 2011. It is the seventh annual naked bike protest in Peru.

INTER NATURALLY TRAVEL

The Daily Nudes

Beth uses a Karate studio for her yoga that is spacious enough for 30 guests, with an outer room. This day, the outer room held a table spread with snacks and drinks, and we were delighted to see some dear friends had turned out for the event. Though Beth offers the classes every week, this class was special because of a television camera that had been invited in, and our cameras. Thus, even more of a treat that so many were comfortable with anyone knowing they enjoy being clothes-free.

Classes are located in Vernon, New Jersey. Please check Beth’s website for times and dates. She responds quickly back to those who leave an e-mail message. Though young, my son has some physical limitations. His comment, at the end of the class was “I haven’t stretched this much in years and felt so good!” Thank you to all who attended for the press, and to Beth for providing this service to the nude community. Be sure to plan to attend, when in the area!