

DISCOVERY LIFE

VOLUME III

Bahamas Paradise

DOUBLE THE FUN

Camp Gretzky at
Gozer Ranch

A "GREAT ONE" FOR THE ENTIRE FAMILY

Pins & Fins

MEMORIES MADE IN MEXICO



Yellowstone Club
Private Powder
Forecast: Bright

Life & Style

A silhouette of a person performing a yoga pose against a sunset background. The person is in a standing position with one leg raised and bent at the knee, holding the foot with both hands. The arms are extended horizontally to the sides. The background is a warm, golden sunset with silhouettes of palm trees.

INNER FITNESS

Discovering the joys of yoga.

FEELING STRESSED, TENSE, AND out of whack? You could call a therapist, eat a batch of cookies, or go on a spending spree. Or, instead, you could do your wallet and waistline a favor and take up yoga. It's like a vacation for your body and soul: Yoga calms, refreshes, centers, and energizes you from the inside out. The more you practice, the more you'll find that strength and stamina replace stress.

"Yoga counteracts the ill effects of the typical Western lifestyle," says personal trainer Holly Ives, yoga instructor at El Dorado Golf & Beach Club in Los Cabos, Mexico. "And it's included in the fitness programs at most Discovery properties."

For example, at Kuki'o Golf & Beach Club on Hawaii's Big Island, yoga is offered six days a week by seven instructors, so beginners, intermediate, and advanced practitioners all can find a session perfectly suited to their abilities. At Baker's Bay Golf & Ocean Club in the Bahamas, members practice yoga on the beach with stunning ocean views and fresh air to enhance their practice.

And at Gozzer Ranch in Coeur d'Alene, Idaho, classes range from an introductory Yoga 101 to vigorous Power Yoga, gentle Deep Stretch Yoga, and Yoga for Golf, which is guaranteed to lower your scores. "We are usually outdoors surrounded by

the beauty of Lake Coeur d'Alene and the breathtaking Idaho mountains, which makes the experience enjoyable for everyone, no matter what level," says Gozzer's Heather Molloy. "The problem is that there are some times when the natural setting is so amazing it's hard to concentrate."

Ives, who has practiced yoga for 26 years and taught it for 17, favors the Bikram style of yoga (also called "hot yoga") at El Dorado. "Each class incorporates 26 postures and two breathing exercises and stimulates every organ, gland, muscle, tendon, and joint in the body," she says. Suited for both beginners and advanced students, the class is held in a beautiful wood-beamed, earth-toned movement



studio. “One entire wall opens up to face the Sea of Cortez,” Ives says. “During the winter, it is not unusual to gaze out the window and see whales breaching.”

El Dorado’s classes are held three days a week and include an early morning session that allows plenty of time for morning golf, kayaking, surfing, or other Discovery Outdoor Pursuits. “Wear workout clothes—we’ll provide everything else,” Ives says.

As with all good things, when it comes to yoga, once is not enough. To experience its benefits—from a better golf swing to reduced back pain—you’ll need to incorporate yoga into your life.

“Many of our members had never tried yoga before, but after taking a class, they get hooked,” notes Ives. “With consistency, you’ll notice increased strength, flexibility, balance, stamina, and concentration.”

—MARYANN HAMMERS

If yoga energizes the body, a beautiful setting energizes the soul. Holly Ives demonstrates a warrior pose (above left) and the tree pose (above right) at El Dorado. Right: Heather Molloy’s king dancer pose against a lovely Lake Coeur d’Alene backdrop.



FOOD FOR THOUGHT

Regardless of how many yoga classes you take, how many weights you lift, or how many miles you jog, you’re not enjoying optimal health if your diet is lacking. That’s the basis for the comprehensive new Nutritional Analysis component of

the Discovery Performance Centers under the direction of Dr. Robert Duvall at The Madison Club and Hideaway in La Quinta, California, and Gozzer Ranch in Coeur d’Alene, Idaho. Along with workouts, stroke analysis, and fitness assessments, the Center now includes consultations, seminars, grocery-shopping strategies, recipes,

portion-controlled meals, and cholesterol measurements. Guidelines on everything from supplements to snacks are custom-created to meet the members’ individual objectives, medical histories, and lifestyles.

“Our goal is to help members learn to make positive, lifelong changes,” says Duvall. —M.H.