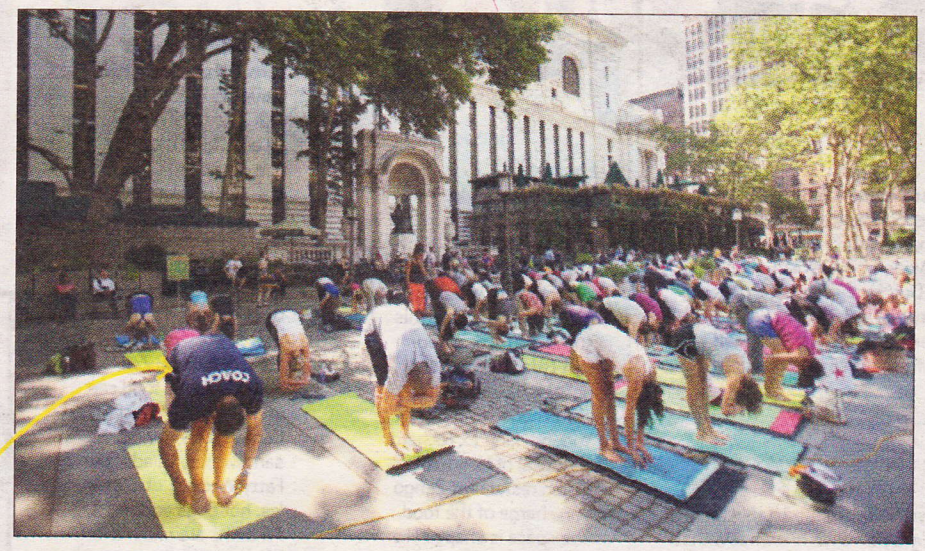
Cool, calm and connected this spring

BY AMY CARNIOL ● Special to amNewYork

Spring is finally here, and whether it's a working lunch in the park or an al fresco workout, people all over the city are finding ways to spend more time outdoors. We asked some of New York's premier outdoor yoga teachers for simple ways to stay calm and cool when the mercury rises.



What better way to unwind this season than with one of NYC's outdoor yoga classes? (GETTY)

"Sitali Pranayama is a breathing exercise that cools the body and is great to try during yoga practice or even standing on a hot subway platform. Make an 'O' with the lips and curl the sides of the tongue together into a tube. Then inhale through the mouth using the curled tongue like a straw, and exhale through the nose. Can't curl your tongue? A fruit popsicle while relaxing in a shady spot also does the trick."

– **Rebecca Weible**, owner, Yo Yoga! (Yo Yoga! offers several rooftop classes each week at its 59th Street studio. For schedules and location, visit yoyoganyc.com.)

"I like to do half-sun salutations on humid days. Inhale as you float your arms up overhead, then exhale as you fold very slowly into a standing forward bend. This is a nice place to pause for a few breaths and expose the back of your neck to the air for a sweet, refreshing moment. Place your hands on your hips, firm the legs, and come back up directly but slowly, with a long spine the entire way."

–**Donna Klimkiewicz**, Open Air Yoga NYC (Open Air Yoga NYC offers classes in Battery Park City and Central Park. For schedules and locations, visit openairyogaanyc.com.)

"Slice and drop some cooling cucumber into your water bottle. Wear cooling colors, like blues and greens instead of reds and oranges. Rock some old-school wristbands to wipe the sweat off your brow!"

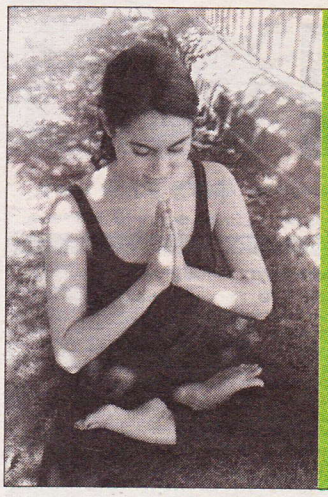
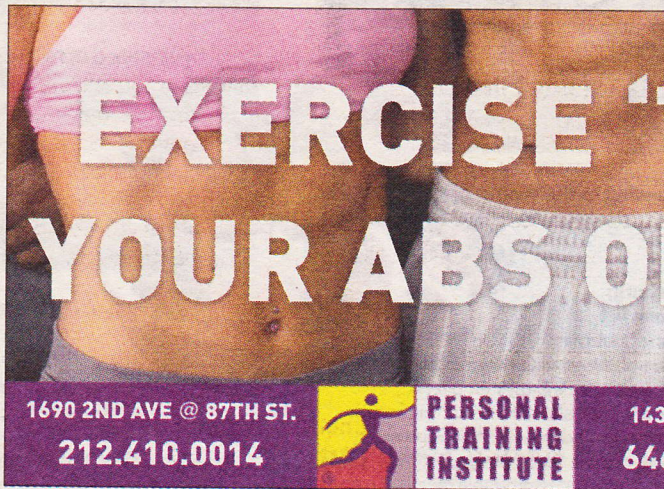
– **Dana Flynn**, director, Laughing Lotus Yoga (Laughing Lotus offers classes on Wednesdays in 14th Street Park. Visit.laughinglotus.com.)

"Restorative poses like balasana (child's pose) or savasana (corpse pose) are excellent because they create gentle openings without generating a lot of heat. The nervous system is soothed and balanced in restoratives, providing great rejuvenating benefits."

– **Holly Horvath**, Lululemon (Lululemon offers classes in Bryant Park on Tuesdays and Thursdays. For schedules, visit lululemon.com.)

"Hot and tired feet become happy when we invert our legs. Lying on your back with your legs on a wall is a great way to cool down. And drinking fresh coconut water is one of the most balancing remedies for heat."

– **Lisa Langer**, Central Park Yoga (Central Park Yoga offers classes in Central Park. Visitcentralparkyoga.com.)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