Destress, Soulfully

September 2, 2005 By Alicia Villarosa

“Yoga” means union—the joining of mind, body, breath and spirit, incorporating ancient stretches, strengthening poses and breath exercises. Yoga guru Robin Downes, who has trained Russell Simmons and Brandy, adds her own contemporary twist: The soulful grooves of hip-hop, jazz and R&B. Recently, Downes released Yoga Flava Vol. 1, a 70-minute DVD/video yoga experience ($19.99). Now she’s putting it in your ear with a new CD, Exhale With Robin Downes, a half hour of guided meditation and relaxation. ($14.99; to order, visit www.yogaflava.com or call 213-963-0456.)

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