

This workout is derived from the article, "Beat Stress, Weigh Less," in the December issue of Fitness Magazine;

It was developed by Kristin McGee of YogaWorks New York. The exercises are in pairs. The first is a calorie burner, the second a slower, all-over sculptor. Complete the entire circuit twice. Do this routine two or three times a week;

Begin with Kickstand Tap;

- Start in Chair Pose;

Hold for 3 breaths to get a steady dose of calm before you start;

- Maintaining squat throughout, lift left foot off mat and quickly extend leg behind you to tap mat, then immediately return to start. (MAKE IT EASIER: Place hand on hips before starting taps);

Do 20 repps of Kickstand Tap;

Switch sides, lifting right foot off mat and extending behind you to tap;

Do 20 repps;

Next do the High Heel;

Start in Chair Pose again: Feet together and arms extended overhead with palms facing each other. Sink into a squat;

Raise both heels off the mat, lowering arms directly in front of you at shoulder level as you rise onto tiptoes. (MAKE IT EASIER: Keep heels on mat so feet remain flat throughout.);

Pulse by lowering butt two inches toward the heel and rising again; Hush 2 seconds;

Pulse again; Hush for 3 seconds;

Pulse a third time; Hush for 3 seconds;

Lower heels and return to Chair Pose with arms extended overhead;

Raise heels, lower arms and do a second set of three pulses; Hush for 6 seconds;

Return to Chair Pose; Hush for 3 seconds;

Do a third set of three pulses; Hush for 6 seconds; Return to Chair Pose; Hush for 3 seconds;

Do a fourth set of three pulses; Hush for 6 seconds; Return to Chair Pose; Hush for 3 seconds;

Do a fifth set of three pulses; Hush for 6 seconds; Return to Chair Pose; Hush for 3 seconds;

Do a sixth set of three pulses; Hush for 6 seconds; Return to Chair Pose; Hush for 3 seconds;

Do a seventh set of three pulses; Hush for 6 seconds; Return to Chair Pose; Hush for 3 seconds;

Do an eighth set of three pulses; Hush for 6 seconds; Return to Chair Pose; Hush for 3 seconds;

And a ninth set; Hush for 6 seconds; Return to Chair Pose; Hush for 3 seconds;

Do a tenth and final set of three pulses; Hush for 6 seconds; Return to Chair pose; Hush for 3 seconds;

It's time for Side Slide;

Start in Tree Pose: Stand with palms pressing together in front of chest, and bend right knee out to the side, placing the sole of right foot on inner thigh of left leg. Bend left knee to lower into a squat as you extend right leg to outside, sliding it out on floor, toes point forward. Immediately return to tree pose, tapping right sole on left inner thigh before quickly repeating the move;

Do 20 repps of Side Slide;

Switch to Tree Pose standing on your right leg. Bend left leg to place sole of left foot on inner thigh;

Do 20 repps of Side Slide, sliding out with your left leg this time;

Hip Shaper;

- Start in Tree Pose, standing on your right leg;

- Maintaining contact of left foot on right thigh, bring left knee across body toward right, then extend the left leg out to the right.

- Bend left knee again, and bring it out to the left side to return to Tree Pose;

- Do another 9 repps of Hip Shaper;

Switch sides, and do 10 repps of Hip Shaper standing on your left leg;

Warrior Windmill;

- Start in Warrior II Pose to your right;
 - Maintaining lunge position throughout, hinge at waist toward left, as you bring left hand toward mat by outside of left ankle, and bring right arm overhead;
 - With feet planted, quickly reverse direction, hinging toward right, as you arc right arm toward the mat behind right thigh, and bring left arm up toward ceiling to complete one repp;
 - Perform 10 repps;
- Switch sides by moving into Warrior II Pose to your left;
Perform 10 repps of Warrior Windmill on this side;

Sumo Warrior;

- Start in Warrior II Pose to your left side;
- Pivot on heels so that toes of both feet are turned out slightly, look forward, and sink into a wide squat;
- Lift both heel off mat and do 3 pulses, lowering butt 2 inches and rising again;
- Pivot feet to return to Warrior II, this time facing right. That completes one repp;
- Do 6 repetitions; Hush for 30 seconds;

Time for the cha-cha-cha;

- Start in plank position: Balance on mat on forearms and toes, maintaining a straight line from head to heels;
- Quickly alternate bringing the right knee, then the left knee, to touch the mat;
- Continue alternating for 1 minute;

Pendulum Plank;

- Start in Plank Pose on your forearms;
- Lift left foot a few inches off mat and bring it 45 degrees out to the left side, hold for one count, then return to the start position;
- Repeat move with right leg to complete one repp;
- Do 10 repps;

Running Dog;

- Start in Downward Dog;
- Maintaining V position, quickly bring the left knee in toward chest, then press left heel back to extend left leg directly in the air behind you. Immediately bring knee in again;
- Do 10 repps with the left leg;
- Switch sides; Do 10 repps with the right leg;

Finish this circuit with the Scorpion Press;

- Start in Downward Facing Dog;
- Maintaining V position, lift right foot off mat, bend right knee 90 degrees, and raise leg so that right thigh is in line with back;
- Keeping bent right leg in air throughout, bend left knee toward mat, then straighten it again;
- Do 10 repps of Scorpion Press flexing your left leg;
- Return to Downward Facing Dog. Lift left foot off mat, bend left knee 90 degrees, and raise leg so that left thigh is in line with back;
- Do 10 repps of Scorpion Press flexing your right leg;