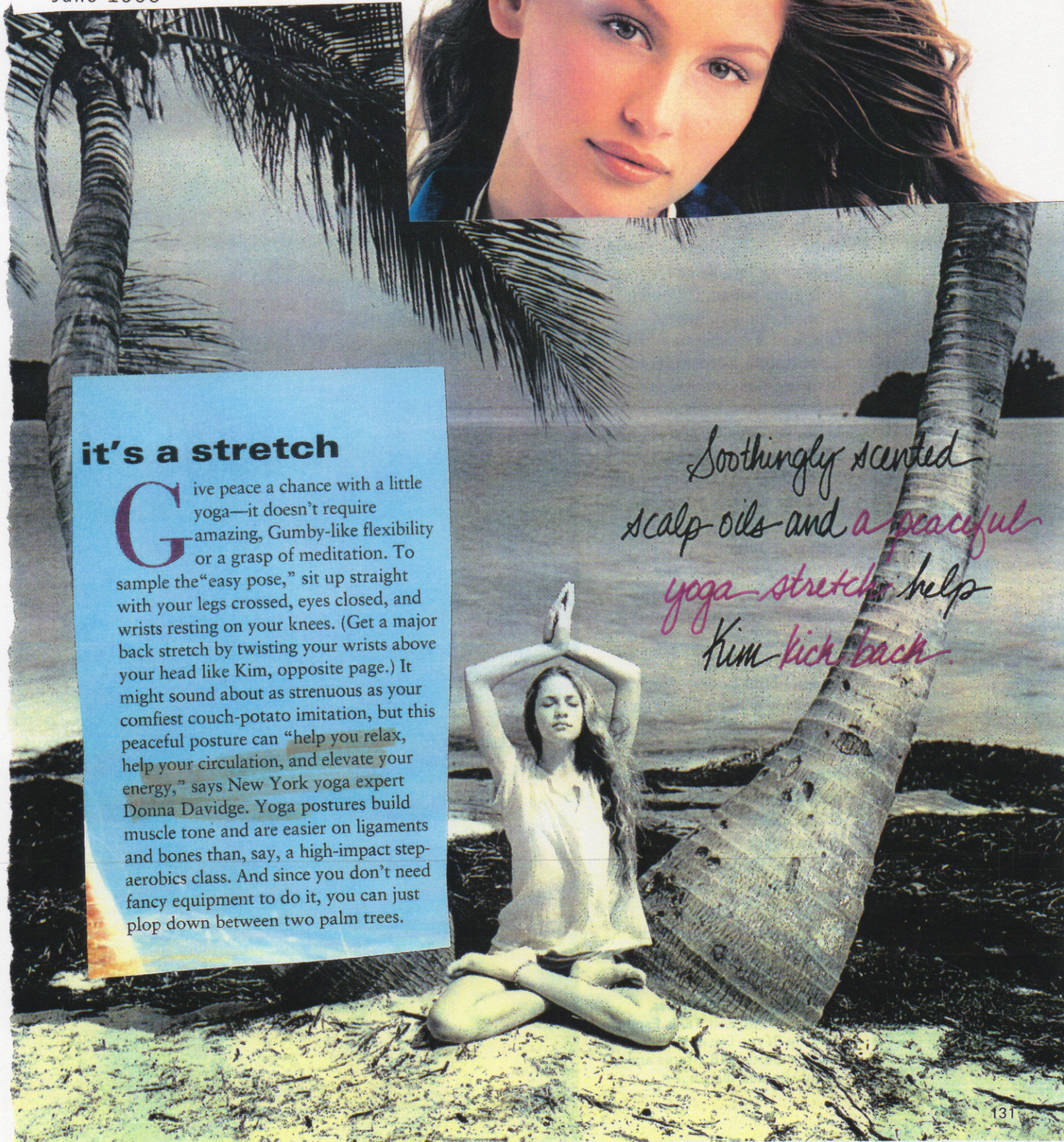


boyfriends: five things that **1** freak them out

SEVENTEEN

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it's a stretch

Give peace a chance with a little yoga—it doesn't require amazing, Gumby-like flexibility or a grasp of meditation. To sample the "easy pose," sit up straight with your legs crossed, eyes closed, and wrists resting on your knees. (Get a major back stretch by twisting your wrists above your head like Kim, opposite page.) It might sound about as strenuous as your comfiest couch-potato imitation, but this peaceful posture can "help you relax, help your circulation, and elevate your energy," says New York yoga expert Donna Davidge. Yoga postures build muscle tone and are easier on ligaments and bones than, say, a high-impact step-aerobics class. And since you don't need fancy equipment to do it, you can just plop down between two palm trees.

Soothingly scented scalp oils and a peaceful yoga stretch help Kim kick back.