

## 6 New Ways to Practice Yoga

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From cobra pose on a Ferris wheel to mountain pose in the snow at a five-star Montana ranch, **new ways to practice yoga** can flex both muscle and mind. While serious yogis may benefit from the change of scenery and the support offered for perfecting advanced poses, reluctant yogis can gain entry to the practice with these fun, often out-of-the-studio experiences. Beginners might find foundation positions easier to achieve with the help of wall harnesses and TRX suspension equipment, or they might gain inspiration and a taste of nirvana from the views alone.

### Wall Yoga at the Spa at Red Rock by Well & Being Spa



*Rebekah Bell*

For an innovative exercise class sure to turn your world upside down, try wall yoga at the **Spa at Red Rock by Well & Being** in Las Vegas. An entire wall of a roomy fitness studio is bedecked with removable harnesses that can be easily adjusted to help beginners balance as they practice new poses. More advanced participants can use the harnesses for support as they perform acrobatic-like moves. An ideal exercise for those seeking to expand their mobility and flexibility, the hour-long classes (\$15 per session) are led by experienced instructors. ([rr-spa.com](http://rr-spa.com))