the Wedding Issue

Blossoming Romances

Everything But the Dress

Big Splash!

Q&A WITH SI SWIMSUIT MODEL

Camille Kostek

Metro Boston's Engaging Guide to Entertainment, Culture and Making Arrangements
Bollywood-inspired cardio dance fitness class is suitable for all ability levels.

**Cardio KickFit** C.W. Tae kwondo at Boston, 285 Green St., Cambridge (617-876-9853) crwka.com. MBTA: Red Line to Central. Sun., 10 am; Wed., 6:30 pm; Fri., 6 pm; $15. Students use boxing and taekwondo techniques to strengthen their muscles at these high-energy cardio classes.


**Glow Yoga Fusion** Acora Yoga, 576 Washington St., Boston (617-208-8201) acorayoga.org. MBTA: B Green Line to BC. Fri., 7:30 pm; $22. This vinyasa flow class under black lights incorporates cardio, strength training and dance elements.

**Learn to Meditate** Shambhala Meditation Center, 646 Brookline Ave., Brookline (617-744-1498) boston.shambhala.org. MBTA: D Green Line to Brookline Village. Sun., 12:30 pm. $5-$10, suggested donation. Beginners learn the basics of meditation at this drop-in class.


**Tai Chi** Tobin Community Center, 1481 Tremont St., Boston (802-870-0810) wacraa.com. MBTA: Orange Line to Roxbury Crossing. Mon., 6:30 pm. Free. This style of meditation focuses on slow, continuous movement.

**Tone for Runners** Stone Fitness, 89 Central St., Wellesley. stonefitness.com. MBTA: Commuter Rail to Wellesley. Mon., 5:30 pm; $30. This class for runners focuses on strengthening legs, core and arms.

**Tranquil Tuesdays** Yotel Boston, 65 Seaport Blvd., Boston (617-377-4747) yotel.com/boston. MBTA: Silver Line to Courthouse. Tue., 7 am; $15; free, hotel guests. Andy Kelly leads a 30-minute guided meditation in the hotel’s Sky Lounge, with the aim of increasing focus, happiness and energy.

**Vinyasa with Live Cello in Savasana** Samara Yoga, 249 Elm St., Somerville (617-629-2305) samara yogastudio.com. MBTA: Red Line to Davis. Mon. and Fri., 5:45 pm; $16. Instructor Rachel Barringer plays tranquil cello music during an extended relaxation after this 75-minute all-levels class.

**Warehouse Yoga** Warehouse XI, 11 Sanborn Court, Somerville. eventbrite.com. MBTA: #85 or #87 Bus to Union Square. Wed., 6:30 pm; $10. Andrea Savino leads a one-hour power yoga class that includes reggae and faster-paced music.

**Yoga for Adults** Charlestown Branch of the Boston Public Library, 179 Main St., Boston (617-242-1248) bpl.org. MBTA: Orange Line to Community College. Mon., 1:30 pm. Free. Hands to Heart Center presents this hour-long yoga class that includes breathing exercises and guided meditation.

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**MORNING FLOW**
Clear your head with morning meditation on Tuesdays at Yotel.

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Edited by Nathan Tavares

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