



BALANCE YOUR CHAKRAS WITH THE LATEST ZEN WORKOUTS

Not sure whether to center yourself with sun salutations or get physical at a cardio class? Try **ZENNis**, a fusion of yoga and tennis, and a workout that is at once calming and challenging. "Tennis can be hard on your joints," says founder and tennis instructor Betsy Wise. "Yoga is healing and brings oxygen to your muscles, allowing them to loosen and become more relaxed and powerful." A typical ZENNis routine includes 20 minutes of yoga and balance poses, a shot of antioxidant-rich açai juice, 30 minutes of tennis drills, and 10 minutes of relaxation (group sessions: \$20/person, private lessons: \$80/hour). On any given day, you'll find yogi Eddie Ellner guiding devoted students through seemingly endless downward dogs at **Yoga Soup**, his hip downtown studio. His staff of 16 teachers conducts nearly 40 classes (\$15/class, \$8 minimum suggested donation for Ellner's classes) each week. Wake up with Francesca Hunter's challenging morning sessions, bond with baby at Dani Piola's mommy-and-me yoga, or have a go at capoeira (a Brazilian martial art), yogalates (fitness that combines yoga and pilates), and all levels of traditional yoga.

YOGA SOUP 28 Parker Way, Santa Barbara, 805-965-8811, yogasoup.com.
ZENNIS zennis.net.

GET TO THE POINT Clear your channels and harness your chi with the help of local experts in the art of acupuncture. For personalized blends of Chinese herbal remedies and gentle acupuncture for facial rejuvenation and more (\$60-\$150), call **Miklos Hubay**, 800 Garden St., Ste. F, Santa Barbara, 805-895-6015, acupuncturesantabarbara.com. **Claudia Brachtl** at the Prana Center, 1605 Bath St., Ste. 4, Santa Barbara, 805-560-9727, sbwellnessdirectory.com/brachtl.htm, practices a combination of acupuncture and other Eastern forms of healing (\$85). Visit **John Ebadi** at Studio E Healing Arts Center, 219 Gray Ave., Santa Barbara, 805-560-3704, for skeletal muscular disorders, infertility, depression, addiction, allergies, and more (\$95-\$150). If seeking relief from chronic system imbalances—gynecological, digestive, or immune—**Mary Tingaud**, 1725 State St., Santa Barbara, 805-898-1804, has practiced acupuncture (\$110) for 17 years. If you're lucky enough to nab an appointment, consult local legends **John Hickey** at Shiatsu Rincon, 7105 Gobernador Canyon Rd., Carpinteria, 805-566-9135, shiatsurincon.com, and **Lonnie Wu**, 4046 Foothill Rd., Santa Barbara, 805-682-2153. -k.w.