

TRIED & TESTED

THE BODY BLITZ

Amy Falconer signs up for an intense Callanetics course with amazing results



Edinburgh-based Callanetics instructor Keira Thorley has come up with the perfect solution for busy schedules (or those days when you just can't face leaving the house) - live online Callanetics classes. Created back in the 80s, Callanetics is a system of exercises focussing on frequent repetitions of small, precise movements that work on deep set muscle groups, to achieve a long, lean and relaxed body. Keira's Body Blitz is 10 classes across 14 days which, she claims, guarantees you will drop a dress size. She encourages you to do a mix of studio-based and online for the best results. It's hard work but I find the ease of the online system really helps me stick to the schedule. You simply book a class, receive an online link and hey presto Keira's class is beamed into your own home. I can also confirm that her huge claim is true - much to my surprise, I did drop a dress size - all that sweating and shaking in my living room was well worth it!

The Body Blitz usually costs £xx but quote i-on when booking for an exclusive xx per cent off. Or, try a drop-in class for just £11. More info at walkthetalkstudios.com.



FLOATING

Jo Morris discovers the future of relaxation and recovery

What exactly is this, I hear you ask? Well, it's 60 minutes in an egg shaped tank floating effortlessly in 10 inches of heated epsom-salt water. With no pressure on the body and no external stimulation like sound or light, you can fall into a state of deep relaxation, providing a switch off from our permanently 'On' world. The first time in the tank is an odd sensation. With no sensory stimulation, you find yourself analysing every movement of your floating body. Why are my shoulders rounded? Is my head tilted forwards? I did manage some glimpses of deep relaxation where I lost track of how I was feeling and just 'was'. And apparently the more times you float, the quicker you slip into relaxation. The effects after floating were more marked than the float itself. I turned off my phone and the radio because I was feeling the silence. Sleep that night was deep and restful. The whole process is about switching off the mind and that really worked for me. My body was a bit slower to catch up on the feeling of relaxation, but I think a few more times and I'd experience some serious blissed out chill time.

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