

Sitting Sukasana with Anja Rubik



Cindy Crawford and Christie Brinkley have their fitness videos. Now it's Anja Rubik's turn, as she's the face of *Yoga for Wii*, the first 100 percent yoga experience game for the entertainment system due out December 7. We caught up with Anja yesterday to chat about her yogi skills.

In the game, Anja personally takes you through exercises and the art of yoga, giving you tips to improve your training as well. And she should know: Anja has been practicing yoga for three years and was approached by the game's developers after they read an interview about her passion for it. "I really love how it takes you through the history and origins of yoga so that you are not jumping into something you don't understand."

Although she doesn't have much time to play video games these days, she hopes to be able to change that soon. "I want to bring the game with me when I travel so I can do it in hotel rooms. It's so fun! I personally love exercise in the morning before breakfast because that is the time your mind is most calm and receptive to yoga exercise."

And thankfully, the model just made holiday shopping a little easier. Anja says the game is challenging, but very relaxing, too, and it's on the top of her holiday list this season. "It's the perfect gift!" ~ *Fabiana Santana*

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I love Wii Fit! can't wait to get the complete yoga version!

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