

# ➔ Sports & Fitness

MVP

## Gumby Girl

Yoga practitioner **Donna Siems** tells us what it's like to look at the back of her own head

**Why do you study yoga?** Because I was looking for an exercise that would work every part of my body without causing me to build muscles where I didn't want them. I also wanted to do an exercise that not only worked my body, but also my mind. In yoga you really need to connect with your body and in other exercise classes you often don't think about what you are doing, you just do it. **What does it add to your life?** Well, the first thing I noticed was that I was sleeping better. And I am so much more aware of my body and what it can do. The physical change that it brings is also fantastic. **Is this just an excuse to wear spandex?** No, honestly I wouldn't be seen dead in spandex outside the studio! **What's the coolest move you can do?** You mean without falling over? Well it would have to be Tree Pose or Down Facing Dog. Don't ask! **Who do you train with?** I train with Carolyn Sanderson at Caz Yoga near Sanlitun and I love her classes and the way she teaches. She is very inspirational and looks great too, so seeing and being with her encourages me. **Can you practice alone?** Yes, and that is the beauty of yoga. You take home what you learn and do it for as long or as little as your daily schedule permits. **What is your yoga goal?** Obviously to touch the back of my head with my toes. Actually I can do it, do you want to see?

Caz Yoga, caz@cazyoga.com, Tel: 138-1026-5294

I wouldn't be seen dead in spandex outside the studio

Donna Siems is bending her body and mind

## Biking

SATURDAY, JULY 16

### Two-Day Great Wall Cycling

Get out of the city and cycle along the Great Wall for two days covering over 100 km. ¥1,000 includes transportation. Small groups make this a fun way to get to know fellow cycling lovers. Register online. 6:30am

Dandelion Hiking 156-5220-0950  
info@chinahiking.cn, www.chinahiking.cn

## Hiking

SATURDAY, JULY 16

### Great Wall Switchback

A beautiful section of the Great Wall, this is a fun way to get in shape, see historical sites and meet new people. ¥320 includes transportation. Reservations required.

Beijing Hikers 6432-2786  
info@beijingshikers.com  
www.beijingshikers.com

SUNDAY, JULY 17

### Longyunshan Dragon Cloud Mountain

This is a relaxed hike around the scenic Longyun mountain, where you'll stroll up hills and along a river before hiking easily around the grasslands. ¥320 includes transportation. Reservations required. Call for bus departure location and time.

Beijing Hikers 6432-2786  
info@beijingshikers.com  
www.beijingshikers.com

SATURDAY, JULY 23

### Hiking & Hot Springs

Hike along the Great Wall and eventually reach a lovely, relaxing hot spring where you can chill after the hike and take in great company in soothing waters. Spend the night in a small village with all the amenities before heading home. ¥850. Register online.

Dandelion Hiking 156-5220-0950  
info@chinahiking.cn, www.chinahiking.cn



## Splash Recreation Club

Stay cool this summer using the Splash Recreation Club swimming pool, inside the CITIC Hotel Beijing Airport. The indoor and outdoor pools are connected, and other amenities, like the volleyball court, playground and ping pong tables, make this a complete summer hang out spot. For adults, the sauna and solarium are great places to relax, and the poolside bar is a delight. This family-friendly location is ideal for summer splashing and is fun for adults and children alike.

CITIC Hotel Beijing Airport, 9 Xiaotianzhu Lu, 首都国际机场小天竺路9号, Tel: 6456-5588 ext. 1217/1428, splash@citichotelbeijing.com, www.citichotelbeijing.com