

science. Expect a tough workout in a chic Mayfair setting.

WHO GOES THERE

Kate Moss, Paul Weller, Lawrence Dallaglio and Lord Coe.

INSIDER TIP 'Avoid machines when possible.'

COST Annual membership £1,200; £75 per session in a block of ten.

25 Hanover Square, W1 (020 7495 8642; the25club.com)

Yoga

Karen Phillips at Hot Bikram Yoga, Fulham

WHY If you want to break into a sweat and tone up at the same time, Bikram yoga is your best bet. Karen takes you through a series of detoxifying yoga poses in 41-degree heat (warming your muscles so you can stretch into position more easily), but you are not supposed to do less than 1½ hours of yoga at a time so it is not for the faint-hearted.

WHO GOES THERE Robert Downey Jr, Andy Murray and those usual suspects Gwyneth and Elle.

INSIDER TIP 'Drink water before, during and after the class.'

COST £13 per drop-in class; ten days' introductory offer for £10; £105 for ten classes.

25 Heathmans Road, SW6 (020 7384 4454; hotbikramyoga.co.uk)

Tara Lee at The Life Centre

WHY Tara teaches pregnancy, post-natal and dynamic yoga classes at The Life Centre and is also available for one-on-one tuition. Regular yoga sessions with her keep muscles and joints in top condition, improves your posture and calms you down.

WHO GOES THERE Laura Bailey and Cat Deeley.

INSIDER TIP 'You don't need to go to yoga classes religiously to get the best from your body. Stand a few feet away from a wall, facing it; lean forwards, hands on the wall, making a right angle and stay for five to ten breaths.'

COST From £12 for 60-minute lesson at The Life Centre; £120 for 75-minute private session.

15 Edge Street, W8 (020 7221 4602; thelifecentre.com)

Liz Lark at The Life Centre

WHY Liz organises retreats all over the world from Colorado to India, Costa Rica and Italy, as well as workshops within the UK, particularly Oxon Hoath in Kent. A devotee of Hatha and Vinyassa, she helps mend damage caused by illness or injury.

WHO GOES THERE Alan Rickman, Ralph Fiennes and Donna Karan.

INSIDER TIP 'Yoga is not a sport. Perform outside close to nature and enjoy yourself.'

COST £100 for 60 minutes.

15 Edge Street, W8 (020 7221 4602; thelifecentre.com)

Leela Miller at Triyoga

WHY Ashtanga yoga specialist Leela is also available for private sessions. Renowned for her sense of humour and boundless New York energy, her classes are detoxifying, informative and fun.

WHO GOES THERE Madonna, Trudie Styler and Sting.

INSIDER TIP 'Use the movement and breath of yoga to enhance your life but don't be a slave to it.'

COST £14 for 90 minutes at Triyoga in Primrose Hill and Soho; £100 per hour for a private session (leelamiller.com).

6 Erskine Road, NW3 (020 7483 3344; triyoga.co.uk)

Simon Andriesz at Alchemy

WHY Kundalini highlights the more spiritual side of yoga with meditation and chanting as

well as poses. Charismatic teacher Simon Andriesz is a seasoned expert; his powerful classes will energise you and give skin a plumped-up radiance.

INSIDER TIP 'Sit in a cross-legged pose, place your palms together, lift up your face, inhale, filling the lungs completely and hold each breath for as long as possible, then exhale deeply. Do

this for two minutes to relax and energise you and combat fatigue and excess emotion.

COST £11 for 60-minute drop-in class at Alchemy; from £75 for 60-minute private lesson.

Unit 101, Stables Market, Chalk Farm Road, NW1 (020 7267 6188; alchemythecentre.co.uk)



Laura Bailey strikes a pose with Tara Lee

Yoga
Personal trainers

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