



Abby Lentz, an Austin yoga instructor, has released a new "HeavyWeight Yoga" DVD.  
CONTRIBUTED BY KOREY HOWELL

### Yoga for all

An Austin yoga teacher who understands that yoga isn't only for flexible, pencil-thin athletes has released a third fitness DVD geared toward people carrying extra weight.

The "Five By 25" DVD from Abby Lentz features five 25-minute sessions. Each one focuses on a different theme, from upper body strength or flexibility to relaxation, gentle stretching and core work. Each segment includes breath work to start, a relaxation pose to finish and inspirational words woven throughout.

Lentz, who created HeavyWeight Yoga in 2004, teaches awareness, acceptance and affection no matter what people see on the scale or in the mirror. "My goal is to make you aware of your body, however it's working that day, and coming to love your body," she says. "You have to love your body if you want to change it, and that's my goal with HeavyWeight Yoga."

Lentz uses poses that are safe even for those



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who carry extra weight. The sessions move at a slower pace to give heavier people time to move from one pose to the next. Props like straps and blocks can be used to help maintain alignment and integrity of each position.

The new DVD sells for \$24.95 at BookPeople and online at Sears.com, Amazon.com and Heavyweightyoga.com. Lentz also teaches classes at a home studio in Northwest Austin and is hosting two women's retreats at Camp Allen outside of Houston — one May 22-24 and another Sept. 11-13.