

# Yoga with LeAnn Rimes

My workout goal is to get stronger. Lifting helped me to break through many yoga plateaus. I just benched my body weight, which I'm proud to say is 120 pounds."

### How she got hooked

When Rimes found a workout that made her feel strong and calm, she bent over backward to make it part of her life. Two years ago in New York City, thanks to a recommendation from a friend, Rimes booked a private lesson with certified yoga and Pilates instructor Kristin McGee, who teaches at Yoga Works. The duo practices Vinyasa yoga, a method that focuses on flowing poses linked to breath. "It's like gymnastics for adults," says the country singer, who now seeks out classes when traveling and practices with her husband, Dean Sheremet, in their yoga room at home in Nashville. And whenever she's in N.Y.C. Rimes fits in a lesson with McGee. "She knows how to push me past my limits," Rimes says of her teacher.

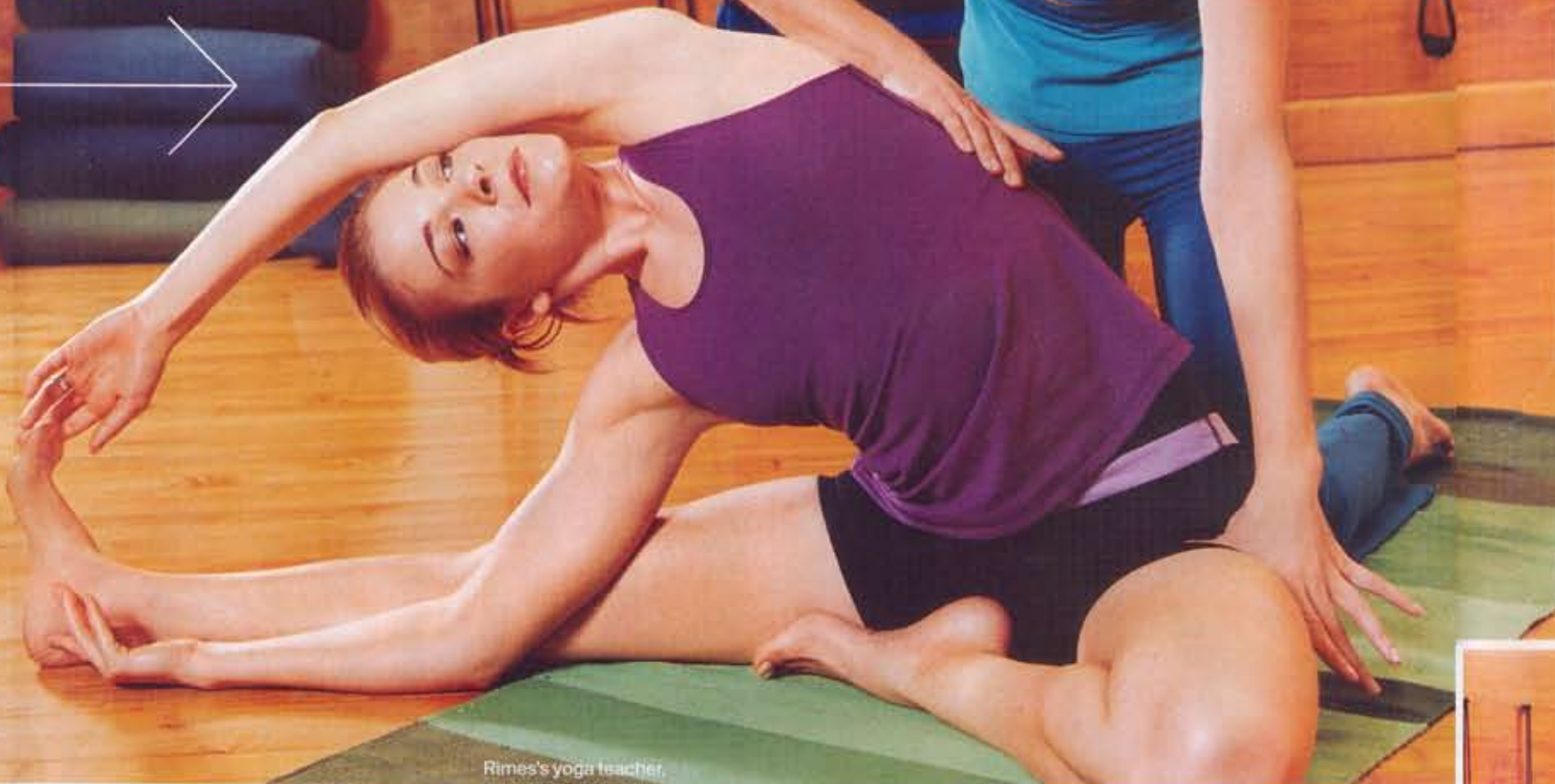
### A typical session

The star and her trainer usually warm up with sun salutations, which engage all the muscle groups and raise the heart rate, then work through standing and balancing postures, such as warrior pose, to strengthen and

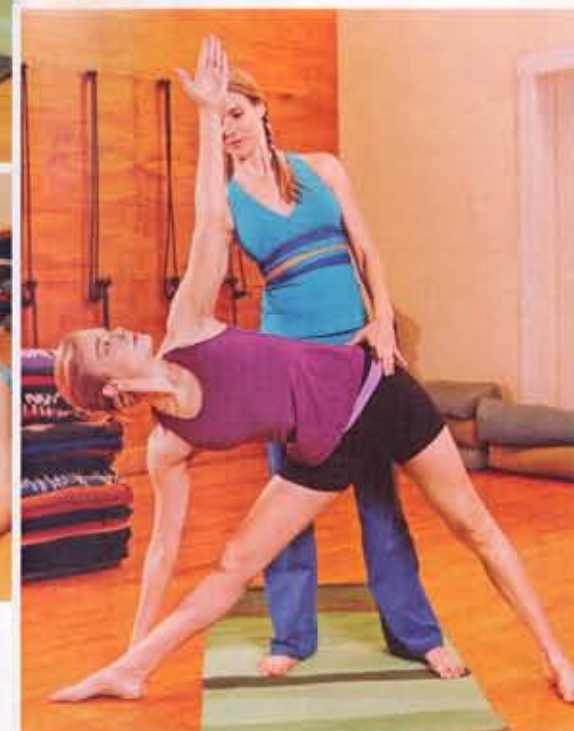
stretch the body. To cool down, McGee guides Rimes through stretching moves like pigeon pose, forward bends and back bends and finally inversions (yogaspeak for head and shoulder stands). "Yoga gives you strength, cardio and flexibility," says McGee, who recommends practicing three or four times a week.

### How it empowers her

Yoga has also given Rimes a lean, sexy physique. "My whole body has changed," says the 24-year-old, who couldn't touch her fingers to the floor when she started and most recently mastered crow pose, a challenging arm stand (left) requiring strength in the shoulders, arms and core. "My abs are a lot stronger, my butt is lifted, and my thighs are thinner. I also find yoga mentally freeing. I still stress out to the max, but now I have a tool to help me relax." Rimes has set her sights on moving from the crow pose into a headstand and from there into a back bend—all in good time, of course. "That's what is so beautiful about yoga," McGee says. "It's a lifelong process."



Rimes's yoga teacher, Kristin McGee, guides her star pupil through side and hip stretches (above and below) and triangle pose (opposite).



### Rimes's fitness file

The person whose body inspires me most is ... "Gabrielle Reese. She is a goddess, strong and powerful. I don't like wimpy girls, and she's not afraid to get dirty."  
 For energy before I work out, I eat ... "Whole-wheat toast with organic peanut butter and organic bananas."  
 My most dreaded exercise is ... "Cardio on a treadmill. It's my least favorite thing to do. I get bored too easily."  
 My favorite music to get pumped up to during cardio is ... "Some 'Sexy Back' by J.T. [Justin Timberlake]."  
 The body part I've transformed the most with yoga is ... "My booty! Which makes my hubby very happy."  
 I'm still amazed that I can do ... "Crow pose in yoga. And 30 push-ups in a row. It freaks me out!"