

Got a Few Minutes

Ina Mirx is 68, looks 35, and can do things with her body that a 16-year-old farm hand can't do, but she wasn't always fit-as-a-fiddle.

At the age of 30, while pregnant, she was forced to jump from the third story of a burning hotel. She landed on concrete, fractured her spine and pelvis, broke several ribs -- and lost her child.

Over the next 10 years Marx tried nearly every kind of regimen to rescue herself from this state. Nothing worked, and she eventually reached such desperation that she attempted suicide, twice. Then she discovered yoga -- her salvation.

With new confidence and a new lease on life, she began teaching yoga and has also written two books, 'Yoga and Common Sense' and 'Fitness for the Unfit.'

With her special yoga program, she combines the physical aspects of Hatha Yoga with Raja Yoga, the meditative side.

Her method is specially designed to reach out to all those who have been left in the dust of the high-energy, high-impact state of modern fitness programs, and those who need to relax and unwind in a short amount of time to relieve a lot of stress quickly.

What's more, the best thing about Marx's form of yoga is that a few stretches a day, for a few minutes a day -- at home or in the office -- can lead couch potatoes and grouches to a very bright light at the end of the tunnel.

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