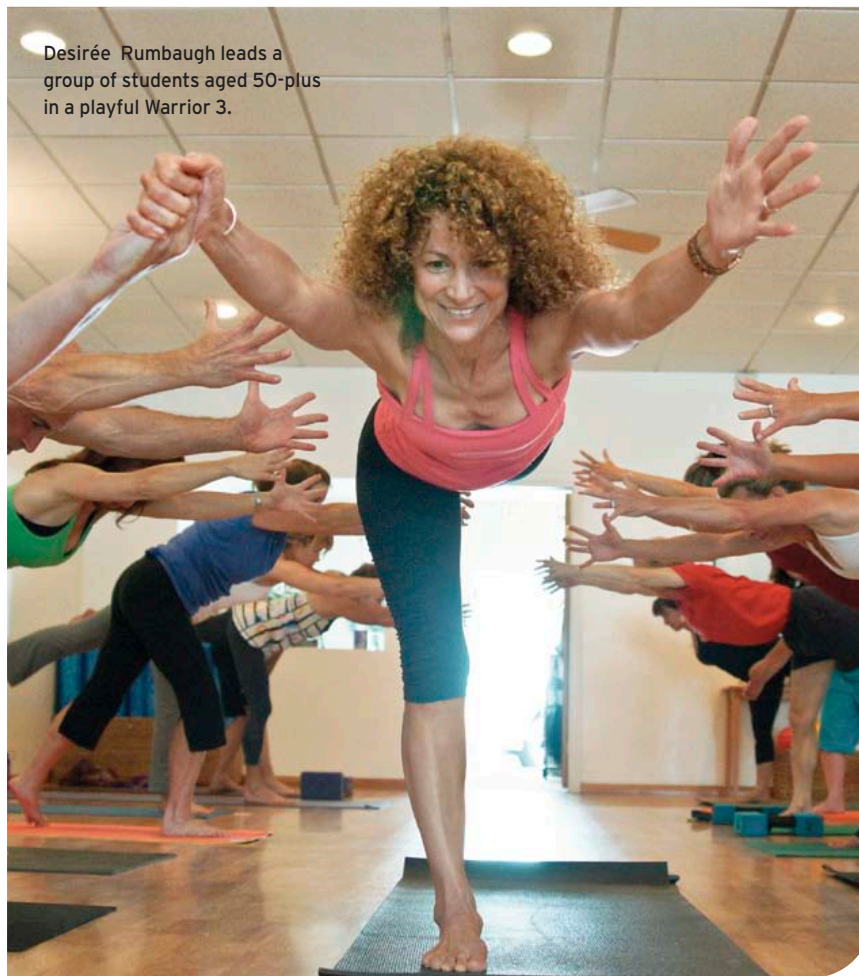


TREND

WISDOM WARRIORS

Wednesday at 1 p.m. is a hot time slot at Yoga Del Mar studio in La Jolla, California. The two-hour class features rocking music and regularly packs in 30-plus people. But don't try getting in if you're under 50: Wisdom Warriors is a class exclusively for older yogis. Created by teacher Desirée Rumbaugh, 53, the class, which regularly includes advanced poses like Full Wheel and Peacock Pose, offers encouragement and support for yogis who want to maintain an advanced practice in their 50s and 60s. "When you're in a class with people your own age, there's no excuse not to work hard," she says. "It's motivational." Wisdom Warriors' students say they enjoy the camaraderie of their peers, as well as that little push to keep their practice lively. As one 60-year-old student remarked, "This is reigniting my pilot light!" JOELLE HANN



Desirée Rumbaugh leads a group of students aged 50-plus in a playful Warrior 3.

MIND

tech recess



These days, there's a new interest in tech innovations that support healthy habits, including apps that keep you mindful and grounded. "Calming technologies can help bring us back to basics by reminding us to breathe deep and be present," says Steph Habif, cofounder of Stanford University's new Calming Technology Lab, which investigates the ways technology can be used to contribute to inner peace. Here, Habif recommends three of the best new tools for mindful technology use. JESSICA C. KRAFT

TAKE BREAKS

If you work at a desk for much of your day, **Stillness Buddy** provides timed interruptions that calm, including breathing practices, stretches, and bite-sized guided meditations from well-known spiritual teachers. stillnessbuddy.com

MEDITATE

Delivered daily to your smart phone or desktop, **Headspace's** beginner-friendly guided meditations from British meditation expert Andy Puddicombe make starting a meditation practice easy. getsomeheadspace.com

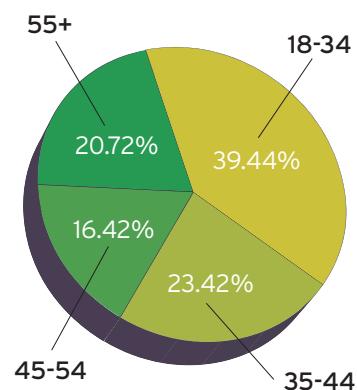
DIM THE LIGHTS

Avoid stimulating blue light from your computer screen as bedtime approaches with **f.lux**, an app that changes your screen's spectrum to softer golden tones at dusk, reminding you that it's time to unplug and get ready for sleep. stereopsis.com/flux

BY THE NUMBERS

YOGA AT EVERY AGE

From young adults to seniors, everyone's doing yoga. Here's the latest data on practitioners, by age range:



SOURCE: THE 2012 YOGA IN AMERICA SURVEY, CONDUCTED BY YOGA JOURNAL

RICK LEBEAU