

New York Magazine Best of New York

FAMILY: 2003 PICKS



Best Kids' Fitness

Karma Kids Yoga

104 West 14th Street, 646-638-1444; karmakidsyoga.com

Yes, you'll hear the occasional *om*, but the main focus at Karma Kids Yoga is on *moving*. Kids stretch their bodies into animal figures, barking and wagging their tails like dogs, lumbering around swaying their elephant trunks. "It's not necessary to get the postures correct," says co-owner Shari Vilchez-Blatt. "It's about getting exercise and having fun." Yoga birthday parties are available, too—\$400 for two hours with up to ten kids, pizza and juice included. Bring your own tofu cake.

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