

classes in the city. Each week a different instructor teaches the class, which begins with relaxation, meditation and a gentle warm-up, moves on to standing and floor postures, and ends with relaxation and meditation. Although some attention is paid to the form of the postures, the aim of Kripalu yoga is to help you focus on your inner "essence."—EC

New York Yoga and Shiatsu Center 12 St. Marks Pl between Second and Third Aves (988-7553). Subway: 6 to Astor Pl. Mon 7pm; Tue 8pm; Thu 7pm; Fri 6pm; Sat, Sun noon. \$8. The Israeli-born Henry Kochran, who has masters in Eastern and Western philosophy, teaches daily classes at this peaceful, sunlit studio in the East Village. Although not affiliated with any one school of yoga, Kochran teaches along traditional hatha lines. His shiatsu training is apparent in class: Students are encouraged to release the channels of energy in the spine. The relaxation period is accompanied by soft music, and shiatsu sessions are offered after class.—EC

Okido Holistic Health Institute 211 W 56th St at Broadway (582-2200). Subway: A, C, B, D, 1, 9 to 59th St-Columbus Circle. Tue, Thu 6:15pm; Wed noon; Sat 9:30am. \$15 per class. Okido, a Japanese take on the ancient practice of yoga, works on releasing tension in the body's five internal organs (or bags, as they are known in Japan). Master Okido drew on his knowledge of tai chi, Japanese martial arts and shiatsu, as well as his travels in India and Tibet to create this very holistic practice. Also available at the institute: classes in macrobiotic cooking, chi energy and meditation.—EC

Park Slope Yoga Center 473 13th St between Eighth Ave and Prospect Park West, Park Slope, Brooklyn (718-832-1559). Subway: F to 15th St-Prospect Park. Mon, Wed, Thu 7pm; Tue, Sat 10am; Sun 5pm. \$10 per class. Park Slope's center is the sister to Manhattan's Kundalini Yoga East (see above). Both centers are part of the 3HO Foundation ("Happy, Holy, Healthy"), whose guru, Yogi Bhajan, first came to the U.S. in the '60s. At this peaceful Brooklyn studio, kundalini yoga and meditation are taught by instructors who have studied, practiced and taught for up to 20 years. As at Kundalini East, the gentle breathing, movement and relaxation exercises work to improve the inner body, including the glands, the nervous system and lungs.—EC

Power Yoga New York Road Runners Club, 9 E 89th St between Fifth and Madison Aves (661-2895). Subway: 4, 5, 6 to 86th St. Mon, Wed 6:30, 7:35pm. Beryl Bender Birch and Thom Birch have been credited with demystifying yoga and bringing it into the mainstream athletic community. Their students have included Olympic athletes, and Power Yoga is the official program of the New York Road Runners Club. The vigorous classes are designed to reduce injury-causing tightness and incorporate a breathing technique called *ujjayi*, which creates heat and strengthens respiratory muscles.—EC

Sivananda Yoga Vendanta Center 243 W 24th between Seventh and Eighth Aves (255 4560). Subway: C, E, 1, 9 to 23rd St. Mon-Fri 10:30am-9pm, Sat 10:30am-6pm, Sun 2:30-5pm. \$8 per class. This ashram is run by the disciples of Swami Vishnu-Devananda and is one of the oldest yoga centers in the city. More than 500 people pass through its doors each week to attend classes, meditations, ritual workshops, raja yoga, lectures, scripture study, vegetarian-cooking classes and positive-thinking courses. Yoga is practiced according to the strict guidelines of Vishnu-Devananda, and only 12 postures and two breathing exercises are taught. The ashram itself feels peaceful and holy, and the disciples seem calm and sincere. There is an eating area where vegetarian meals are served (\$6 nonmembers, \$5 members), and a boutique sells clothing, equipment, books and devotional objects. Includes open classes, beginner, advanced, gentle and children's yoga.—EC

Urban Yoga Workout Center 900 Broadway between 19th and 20th Sts (505-0902). Subway: N, R to 23rd St. Mon-Fri 10am-9pm, Sat 10am-6pm, Sun 11am-6pm. \$15 per class, one month unlimited \$140, annual membership \$650. The Urban Yoga Workout is designed to help city dwellers reduce stress, find fitness and achieve peace of mind without following a guru. Classes are often set to music

and include slow stretches, strengthening work, vinyasa form, balancing and massage. Postures are called by their English rather than Indian names, and the 13 Urban Yoga teachers bring varying backgrounds to class, so you may even find yourself doing push-ups.—EC

The World Yoga Center 265 W 72nd St between Broadway and West End Ave (787-4908). Subway: 1, 2, 3, 9 to 72nd St. Mon noon, 6pm; Tue 6pm; Wed 7:30am, noon, 6pm; Thu 7pm; Fri 10am; Sat 10am, noon; Sun 10am. \$13 per class. This friendly uptown center has been an Upper West Side fixture since 1972, and it has a real neighborhood feel. The practices aim for spiritual transformation as well as physical health; they include the essential postures, breathing, relaxation techniques and meditation. Special attention is given to postural alignment—directors Rama Patella and Ann Farbman are both Iyengar-trained teachers (see Iyengar Yoga Institute, above). Patella's classes are more purely Iyengar, while Farbman's incorporate other styles, but both use *siddha* (meditative) yoga.—EC

YMCA

● West Side YMCA, 5 W 63rd St between Broadway and Central Park West (787-1301). Subway: A, C, B, D, 1, 9 to 59th St-Columbus Circle.

● McBurney YMCA, 215 W 23rd between Seventh and Eighth Aves (741-9210). Subway: C, E, 1, 9 to 23rd St. Various days and times. \$59-per-month membership plus \$75 initiation fee.

Of Manhattan's YMCAs, McBurney and the West Side have the most comprehensive yoga schedules. Uptown, you can choose from three hatha classes, kundalini and Iyengar yoga; downtown has 12 classes a week in hatha and yoga plus (a form of hatha that really works the abs, also taught at Crunch by the YMCA's Bonnie Slikin). You must be a member to take classes, however.—EC

Yoga Asana Center 297 Third Ave between 22nd and 23rd Sts (889-8160). Subway: 6 to 23rd St. Mon, Wed, Thu, Fri 10am-8pm; Tue 10am-9pm; Sat, Sun 12:15pm-4pm. Various days and times. \$9 per class, \$125 one month unlimited. Dharma Mittra is an initiate of Yogi Gupta and once kept a vow of silence for 22 years. Nowadays he can be found teaching in his Third Avenue studio, which, painted deep orange and enhanced with a thick dark-red carpet and a red half-light, bears more than a passing resemblance to a womb. He practices traditional hatha postures and *raja*.—EC

Yoga at the New Life Resource Center 300 W 56th St at Eighth Ave (581-2640). Subway: A, C, B, D, 1, 9 to 59th St-Columbus Circle. Mon, Wed 5:45pm; Tue, Thu 12:15pm, 6:45pm; Wed 7am; Sat, Sun 10:30am. \$12 per class, unlimited \$150 per month. Chris Olness trained at the World Yoga Center (see above) and now teaches hatha yoga classes at this West Side mind-and-body center. Classes in tai chi and meditation are also given.—EC

Yoga Studios of NY 351 E 84th St at First Ave, no. 4D (988-9474). Subway: 4, 5, 6 to 86th St. Available by private appointment, \$75 per class. Doris Lowenthal teaches hatha yoga classes to no more than four people at a time at her lovely, well-equipped Upper East Side studio.—EC

Yoga Zone

● 160 E 56th St between Third and Lexington Aves (935-9642). Subway: 6 to 51st St. Mon 9:30am-9pm, Tue-Thu 7:30am-9pm, Fri 9:30am-7pm, Sat 9am-6pm, Sun 11am-6pm.

● 38 Fifth Ave between 18th and 19th Sts, fourth floor (647-9642). Subway: L, N, R, 4, 5, 6 to 14th St. Mon, Wed, Fri 7:30am-9pm; Tue 12:15pm-9pm; Sat 11am-6pm; Sun 11am-6pm. \$10-\$15 per class. Alan Finger's sleek, cleanly designed Yoga Zone is the perfect setting for his ISHTAR (Integral Science of Hatha and Tantra Arts) system, which integrates different forms of yoga for a total practice. Ishtar also means "personalized practice" in Sanskrit, and classes vary according to individual needs. Finger, who once taught yoga to Robin Williams in Hollywood, teaches two weekly classes—together with his extraordinarily good-looking, ISHTAR-trained teachers—in posture and meditation at both locations. A small store at each location sells books, videos and snazzy Lycra Yoga Zone gear.—EC

THEATER

Interview

IVEY LEAGUE

Dana Ivey relishes another snarky role, in Alfred Uhry's *The Last Night of Ballyhoo*

Don't you know if it comes with a salad? I want it the way it came the last time I was here," Dana Ivey says firmly to the hapless waiter who is unfamiliar with the menu. *Difficult*, he probably thinks as he scurries away under a piercing stare from the actress who created the title role in the stage version of *Driving Miss Daisy*. But as it becomes apparent during our lunch, Ivey's tough demeanor is a measure of her strength as an actress. Just ask Alfred Uhry, Pulitzer prize-winning playwright of *Daisy* and author of *The Last Night of Ballyhoo*, the new comedy in which Ivey is currently appearing on Broadway. "She is very demanding of herself," he says, "and she expects the people she works with to work hard too. It's bracing and refreshing."

Ballyhoo, which premiered at last year's Olympics, is set, like *Daisy*, in Atlanta, against the backdrop of the December 1939 world premiere of *Gone With the Wind*. Ivey plays Beulah, a widowed Jewish mother who cares not a fig for Scarlet and Rhett but is wholly intent on getting her daughter married, hopefully by making a match at the upcoming Ballyhoo, the biggest social event for the Jewish elite of the South.

Ivey herself comes from Atlanta, which may surprise those who associate her with the string of English roles she has played in New York (from *Heartbreak House* in 1983 to her replacement of Eileen Atkins in *Indiscretions*); others have noticed her uncanny resemblance to Maggie Smith. "It's hard to explain what being Southern is," says Ivey, munching on her salad, which, luckily, has turned out to be exactly what

she was expecting. "To understand the musicality of the speech and all the little dances that are going on between people—it is far stranger than people realize."

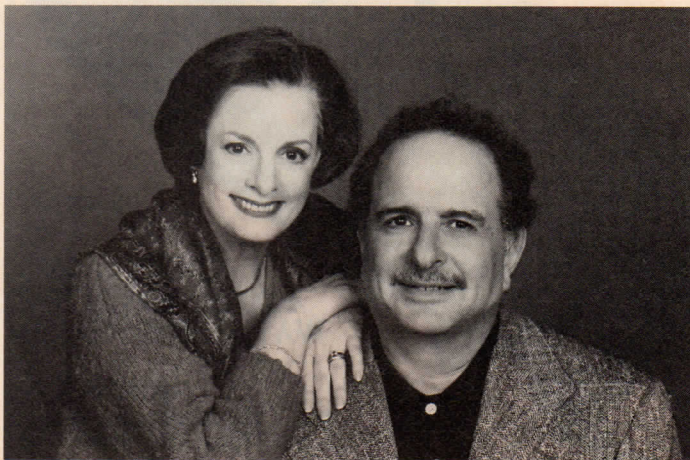
The daughter of an actress (her mother played the part of Daisy in Atlanta after Ivey created it in Manhattan), Ivey arrived in New York in 1978 determined to find work. Although she had trained in London for a year and done extensive work in regional repertory both in the U.S. and in Canada, it took her nearly five years to make her mark here. But Ivey already had the grit it takes to weather adversity: Between 1969 and 1973 she suffered two bouts of a rare neurological disease that causes muscle atrophy and was temporarily unable to use her legs. ("It is very frightening to have a mind that works and a body that doesn't," she recalls.) Ivey's New York reputation was finally made in 1982, when she landed a role playing George C. Scott's secretary in a Broadway production of Noël Coward's *Present Laughter*. The following season she received an unprecedented pair of Tony nominations for Featured Actress in a Play (*Heartbreak*) and in a Musical (*Sunday in the Park With George*).

Then came *Daisy*, in 1987, for which she received an Obie Award (but not the film role, which went to Jessica Tandy). Currently, she is being talked about as a potential Tony nominee for her fiercely comic portrayal of a Senator's right-wing Christian wife in Christopher Durang's much-maligned *Sex and Longing*.

Ivey brings remarkable vitality to the negative aspects of her characters—the extremist crusader in *Sex and Longing*, the cantankerous Miss Daisy and now the bossy and opinionated Beulah. "Everybody's not nice some of the time," she says. "I don't mind playing a character that people find difficult; if someone perceives that person as nasty, I think they are responding to the nastiness in themselves," she adds smiling. "My characters may be prejudiced and may get irritated when they are thwarted, but they are smart and energetic and try to get things done," she continues. "God knows they're alive."

—Gerard Raymond

The Last Night of Ballyhoo starts previews Friday 7 at the Helen Hayes Theatre. See Broadway.



Daisy chain: Dana Ivey and playwright Alfred Uhry are working together again in *Ballyhoo*.