

**Ask Your
Gear Guide**All that's wired
is not weird

By Kushan Mitra

**VIRUS ATTACK!****What is the best anti-virus software I can buy today and which won't slow down my system so it seems like a snail?**

Chandra Bajaj, Mumbai

Wow, to be honest different people have different needs. At home if all you do is check your web-based email and steer down the straight and narrow on the internet, you won't need a heavy-duty piece of anti-virus software if system speed is what is most important to you. But, that said we would suggest that you buy a full-fledged piece of anti-virus software because threats can come in many different types and criminals on the internet can find a weakness anytime. As far as that is concerned there is the popular Norton Anti-Virus, AVG and Trend Micro, all of which are very capable and have daily updates of virus definitions.

MINI TV**I've read somewhere that I should avoid watching videos on my iPods? Is that true, or just scare-mongering?**

Dinesh Jain, New Delhi

Why do you say that? Videos can drain the battery on the iPod, and while Apple advertises a lot of battery time while watching video, the reality can be quite different. That said, other than a drained battery and the need to squint your eyes on the screen of an iPod Classic or iPod Nano, there is no real issue when it comes to health.

Kushan Mitra is an Assistant Editor with *Business Today* and spends much of his free time fiddling around with the latest electronic toys. Send in your tech and gear worries to him at menshealth@intoday.com

A life in yoga...

Let a bike-riding guru lead your chase to peace

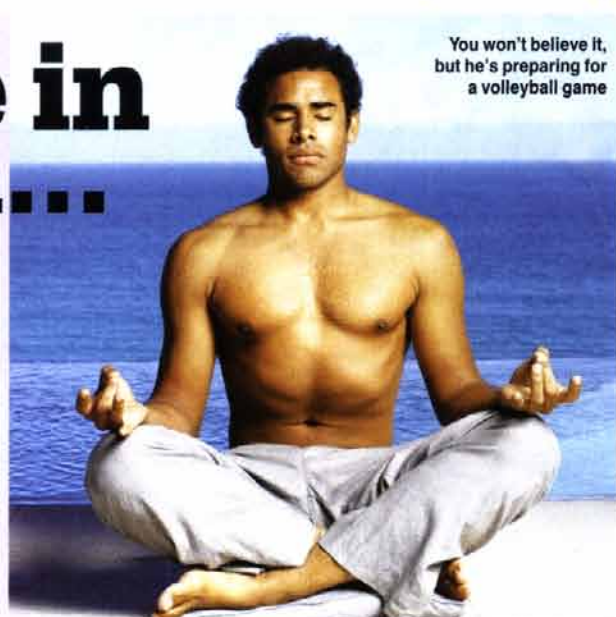
Apart from the traditional yoga forms, there's the New Age variety—like power yoga for the brat pack; artistic yoga for the frat pack; and Bikram yoga for the cool dudes. Many of these focus more on outer hotness rather than peace. But there are some that combine both. Isha yoga is one of them. Developed from the precepts of Sadhguru Jaggi Vasudev, Isha yoga programmes are equal parts pranayama (breathing techniques), mudras (hand gestures) and meditation.

The man

This shaggy-bearded, bike-loving guru with a sense of humour is a man's man. He may talk about enlightenment but he'll also kick your butt in volleyball—he strongly believes that the body is the spirit's temple.

Isha Yoga centres

Hyderabad: 9849433753, 9948098285; Bangalore: 080-25930112; Mumbai: 022-24304693, 9820336823; New Delhi: 011-26893117
Website: www.ishafoundation.org



You won't believe it, but he's preparing for a volleyball game

The experience

Isha yoga seeks to provide a supportive atmosphere in which people can make the change to a healthier lifestyle. It's a scientifically structured programme that combines Shakti Chalana kriyas (a dynamic process of balancing energy movement), shoonya meditation (a potent process of conscious non-doing), and a candid approach. The teachers are all about calm, logic and encouragement. During an eight-day programme, the group breathes, shares, builds up confidence, does little group exercises to find

out their strengths and weaknesses, learns yogic methods to improve bodily health and new meditating techniques and kriyas, and lots more.

There's even singing, dancing and playing dog-and-the-bone! And with the daily pranayama, the change in diet and the mental agility from the discussions, kilos of dead weight can be blasted.

The learning

There are other programmes, such as Inner Engineering (to find meaning in a fast-paced life), Bhava Spandana (to build their EQ) and Samyama (to seek further enlightenment). But the best place to do the course is at the Isha Foundation's beautiful, 150-acre property in the serene hills near Coimbatore. It seems yoga's in the air there.

**Soul Stuff****Prayer mat**

PROSTRATING YOURSELF? Lay out a rug. Though a mat isn't mandatory, it's good to use as it keeps the worshipper comfortable when they lie down flat. The patterns and dyes of the mats depend upon the weaver. A typical prayer rug should be long enough to kneel and bend down, sit crosslegged and sturdy enough to be used for hours at end. Kneel or prostrate as you may, but fold up your mat after every prayer.