

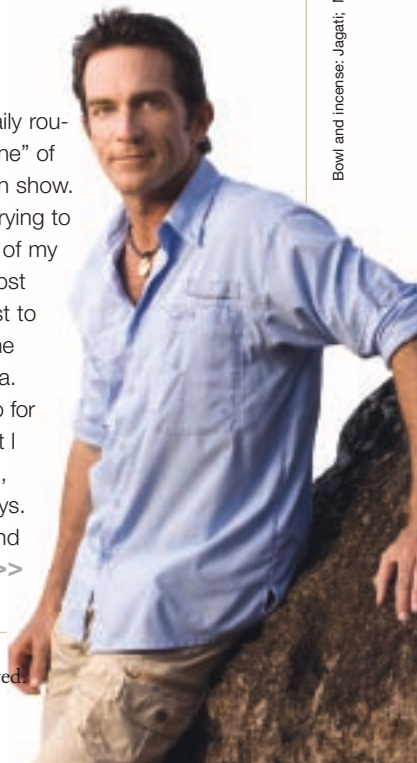
celebrity buzz

Castaway Yoga

It's not easy to make yoga part of your daily routine. Imagine squeezing yoga into a "routine" of dawn-to-dusk filming for a reality television show. That's what *Survivor* host **Jeff Probst** is trying to do. "My goal is to make yoga a daily part of my life, whether at home or on location," Probst told *Yoga+*. The hit show has taken Probst to far-flung corners of the globe, including the Amazon, the Pearl Islands, and Micronesia.

"Yoga is unlike anything else you can do for yourself," says the Emmy winner. "Now that I have begun to practice on a regular basis, I'm seeing results in so many different ways. After a session, I always feel more alive and aware physically, mentally, and spiritually." >>

—Anna Dubrovsky



Bowl and incense: Jagati; Monkey love: H