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The Daily Sauce Lifestyle

Super Yogi

You may be faster than a speeding bullet and more powerful than a locomotive, but when it comes to leaping tall buildings in a single bound, you're no Superman. You're super stiff.



Any man with reservations about yoga should be – ready for a fun pun? – more flexible. The Stiff Guys class at Southtown Yoga helps men develop super powers like balance and limberness. The benefits – ready for another fun pun? – stretch way beyond the studio. Open hips, for example, will allow you to swing like a pro on the golf course, and increased agility will come in handy on a hike. No tights required to be a hero.

Sauce pick: Stiff Guys yoga class for men

Where to get it: Southtown Yoga, 3719 S. Kingshighway Blvd., St. Louis

Info: 314.353.1004 or www.southtownyoga.com