



# B I K I N I T H I E F

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Power Yoga Instructor and PXT founder Loren Bassett

by Whitney Andresen. Posted on November 10, 2014

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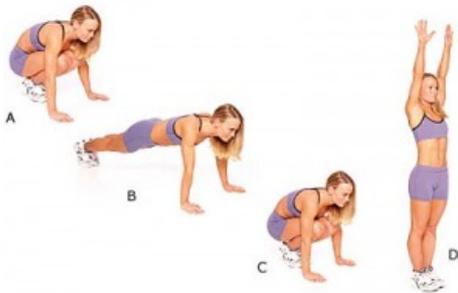
Written by Contributing Editor Brooke Marrone.

It's summer somewhere! And for those of us who are not lucky enough to be near a beach right now we can at least start thinking about our vacation plans! I got the opportunity to know our latest guest when we were both Lululemon Ambassadors back in the day. I can affirm that Loren's classes are hard and often hot and she has an amazing gift of making the most intense, type A New Yorker like myself breath, relax and be present in the moment.

**About Loren:** A long time competitive athlete, Loren Bassett has always valued health and fitness. The profound physical, mental, and spiritual impact of practicing hot power yoga inspired her to become a teacher and share with others. All of her classes embody a rigorous athletic flow, emphasizing strength, flexibility, and balance. Loren co-created Pure Yoga's 100 hour Hot Power Teacher Training and she continues to mentor and train yoga instructors. Her love for fitness and cross-training led her to create her own boot camp style class called Bassett's Boot Camp and a similar program specifically for Pure Yoga called PXT (Pure Cross-Training). Loren was born and raised in Roswell, New Mexico. She currently resides on the Upper East Side with her dog Max, and is an active philanthropist.

**The Move:** The Burpee! My all-time favorite and the most challenging and effective exercise. Plyometrics are a full-body workout – explosive movements that 'shock' the body, burn calories, build strength and increase your metabolism.

- A) Begin in a standing position and drop into a squat with your hands on the ground.
- B) Hop your feet back into plank position and lower all the way down to the floor keeping your abs tight.
- C) Lift your palms off the floor and bring them back down, pressing up into a plank position, abs engaged.
- D) Immediately hop your feet back up to a squat position and jump up from the squat position and back down landing in a squat.
- E) Repeat!



**Tip for staying healthy:** While exercise is super important to staying lean and healthy, good nutrition is key. One of my secrets to staying lean is my daily dose of blended (not juiced) fruit and veggie drinks from Rawpothecary [www.raw-pothecary.com](http://www.raw-pothecary.com). I start out my day with the Kale Protein Warrior, a blend of kale, blueberries, protein powder, banana and cacao. Delicious!

#### Upcoming Events:

Sweat and Surrender Part iV

## Maya Tulum with Loren Bassett and Halle Homegirl Yoga

February 18th-23rd 2015

PXT class schedule and class information [www.PureYoga.com](http://www.PureYoga.com) \*You do not need to be a Pure member to participate in PXT! Drop-ins welcome: \$30 members \$35 non-members  
For more on Loren or to take one of her classes, visit her website and follow her on social media too!

[www.LorenBassett.com](http://www.LorenBassett.com)  
Twitter @LorenBassett



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