



when it comes to being under pressure," he says. The stereotype-shattering wrestler practices up to three hours of yoga a day, does organic juicing, and works with an applied kinesiologist to keep his body and mind in top shape.

His practice extends beyond the yoga mat and into the streets. Page stumps as a motivational speaker for the corporate world and at-risk youth in detention centers, using his life as an example of what can happen if you dream big: He lived in more than 20 foster homes before age 8, suffered from Attention Deficit Disorder and dyslexia, didn't learn to read until he was 30 years old—and still became a three-time Wrestling Heavyweight Champion of the World.

"I read my first book at 32 years old and then wrote one 10 years later," he says proudly. In his talks, Page points to his yoga practice to reinforce the importance of discipline

Diamond in the Rough

Wrestling star Diamond Dallas Page pins his success in the ring on his longtime yoga practice.

"I'm the most unlikely spokesman for yoga," says Diamond Dallas Page, who starts every workout with yoga.

AFTER PROFESSIONAL WRESTLER Diamond Dallas Page finishes bench pressing at the gym, he stretches out in Tree Pose. "Some people think I'm weird for doing yoga," he says. "People in the gym say, 'Oh, Dally. He's a little . . . different.'"

Page, one of the most popular wrestlers on the World Wrestling Entertainment circuit, started practicing Ashtanga Yoga after a back injury. "I thought, how hard could it be?" He was surprised at the answer but kept at it while his back healed and his body became flexible. But the hulking yogi didn't stop there. Kripalu Yoga opened up the world of meditation and breathing practices. "If there was one thing I could change, I would've started doing yoga 20 years ago." Page, who appears on live television twice a week in front of up to 5 million people, says his practice helps relieve tension, centers him, and quiets the butterflies before a match. "I have found a much greater inner peace

and a strong work ethic. When he first started practicing Uttanasana (Standing Forward Bend), he could barely touch the ground. Now he can put his head between his legs. "Yoga is an example of how you can do anything." When he sees people stretching at the gym, he shows them a few yoga moves and explains to them the method and importance of breathing. Most people listen, although that may be because he sports dozens of tattoos and weighs 245 pounds. "I do what works for me, and I try to take as many people with me on the journey as I can," he says. "I'd like to be doing these poses when I'm 90." —Nora Isaacs