

BOX + FLOW

November 9, 2016

BYRDIE

3-Minute Read: Why Scientists Are Calling This Supplement "Nature's Xanax"

Welcome to 3-Minute Read, your midweek rundown of everything we're talking about at Byrdie HQ. Every Wednesday, we'll get you up-to-date on the beauty news you need to know—in only three minutes.

5. Boxing meets yoga: It's now a thing.

You *knew* this workout mashup was an inevitability. Box + flow promises to be one of the newest hotspots in NYC's boutique fitness scene, combining two very different but equally cathartic workouts into one killer, 50-minute experience. (And since it boasts trainers who hail from places like SoulCycle and Y7, you *know* it's going to be good.)