

tip sheet

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TRAINING FAN[®]
the portable, practical fitness guide

Boston

› **BEST BITE** At **Restaurant L** at Louis Boston, don't let chef Pino Maffeo's lightly fried and watermelon-wrapped Kumamoto oysters pass you by. These summertime jewels on a half shell get fiery with pickled green papaya, red pepper and mango, and a Thai green chile dipping sauce. (234 Berkeley Street, 617-266-4680, www.louisboston.com)

› **BEST BREATH** Stiff neck be gone when you practice Ujjayi (victorious breath) breathing with the **Prana Power Yoga** video, produced by a Newton-based studio. (282 Centre Street, Newton, 617-641-9642)

› **BEST BOOK** Sweets freak and Boston author Steve Almond unwraps the "chocolate underbelly" of America in **Candyfreak**, a mouthwatering read with a bittersweet albeit humorous tone. (Algonquin Books of Chapel Hill, \$21.95)

› **BEST BAND** Followers of the late Edith Piaf swear by **Ziaf's** stunning ability to channel the French cabaret singer's songs. The four-woman ensemble performs Tuesday nights, 10 p.m., at ZuZu! (474 Massachusetts Avenue, Cambridge, 617-864-3278, www.ziaf.com)



Best Boats