

Hot this month James Spader, coffee art, reggae Pilates, talking statues, rooftop circus

American Airlines 

American Way

JANUARY 2018



**SAVING
BRAZIL'S
JAGUARS**

**BEHIND THE
SCENES OF
SUNDAY NIGHT
FOOTBALL**

**EN VOGUE IN
AUCKLAND**

**HONEY, I
SHRUNK TIMES
SQUARE***

**and the
Eiffel Tower
and the Roman
Colosseum, too*

**“I HAD
DREAMS
OF GOING
TO THE
OLYMPICS”**

**MOM ACTRESS
ALLISON JANNEY
ON HER FIRST
PASSION**

ONE-MAN BAND

*Nick Jonas is
building a solo career
on his own terms*

⑥

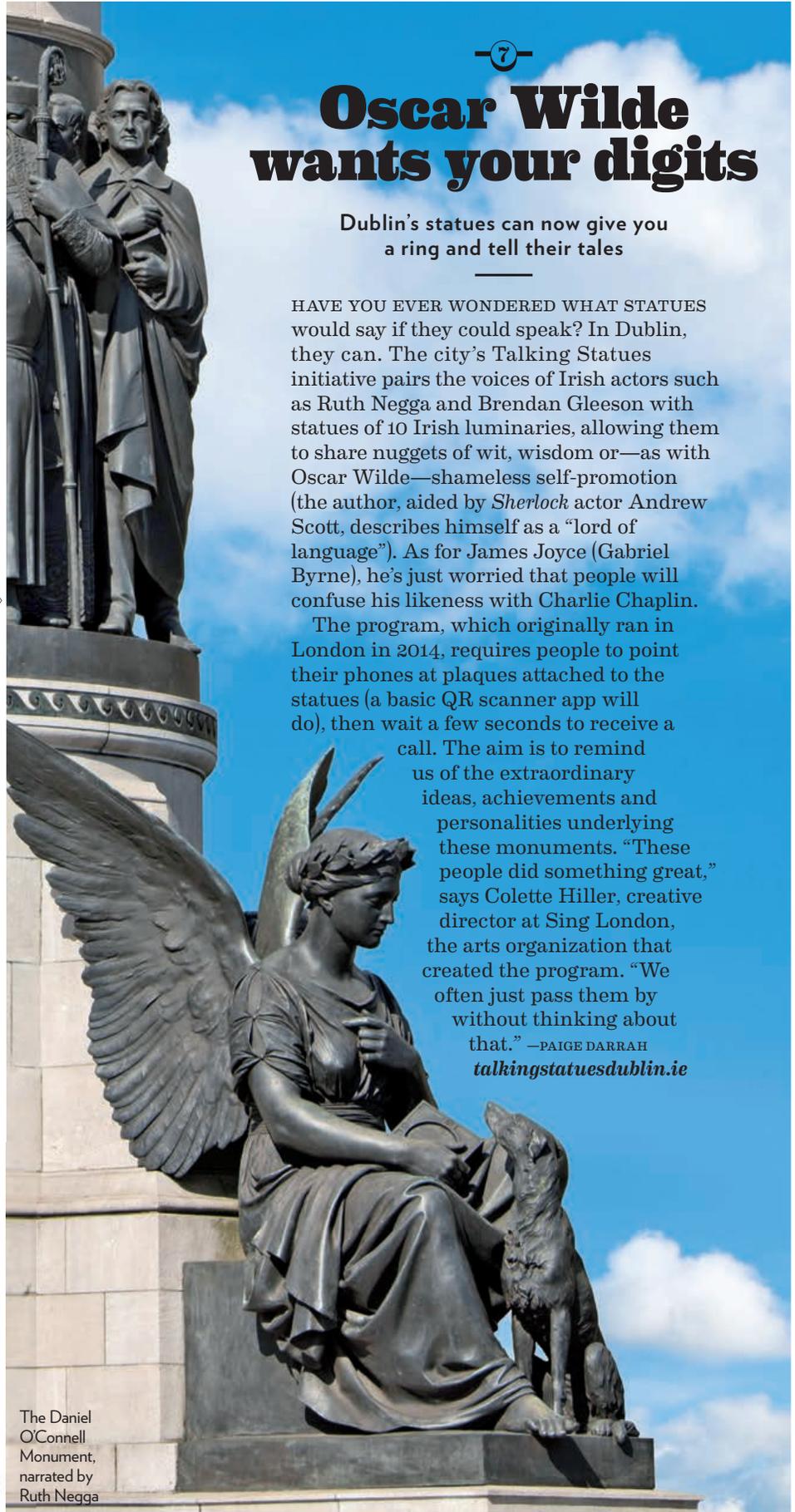
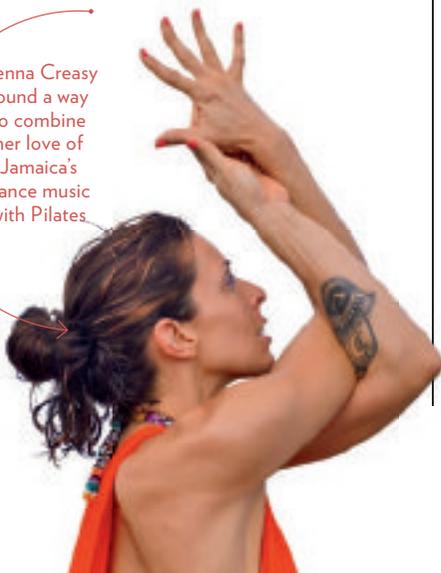
Pilates pairs with reggae

A new workout adds rhythm to the fitness method

When Vermont-born yoga instructor Sienna Creasy first visited Jamaica in 2006, she fell in love with its music and dance culture and decided to stick around. At the newly opened Jewel Grande Montego Bay Resort & Spa, she's incorporating African and Jamaican moves into her Pilates and yoga classes, dubbing the program "Reggae Pilates." "I fuse traditional dances like *pon de river* and *hot wuk* with Sean Paul and Shaggy songs," she says of her classes, which are open to all, and which aim to promote both core strength and "the culture and music" of Jamaica. While Creasy's sessions are a bit more fast-paced than conventional yoga or Pilates classes, the music helps with this, too. "When people start to lose energy," she says, "I crank up a dancehall song." jewelgrande.com

Sienna Creasy found a way to combine her love of Jamaica's dance music with Pilates

PILATES WORDS: SHELLIE FRAI; RIGHT: GARETH BYRNE



The Daniel O'Connell Monument, narrated by Ruth Negga

⑦

Oscar Wilde wants your digits

Dublin's statues can now give you a ring and tell their tales

HAVE YOU EVER WONDERED WHAT STATUES would say if they could speak? In Dublin, they can. The city's Talking Statues initiative pairs the voices of Irish actors such as Ruth Negga and Brendan Gleeson with statues of 10 Irish luminaries, allowing them to share nuggets of wit, wisdom or—as with Oscar Wilde—shameless self-promotion (the author, aided by *Sherlock* actor Andrew Scott, describes himself as a “lord of language”). As for James Joyce (Gabriel Byrne), he's just worried that people will confuse his likeness with Charlie Chaplin.

The program, which originally ran in London in 2014, requires people to point their phones at plaques attached to the statues (a basic QR scanner app will do), then wait a few seconds to receive a call. The aim is to remind us of the extraordinary ideas, achievements and personalities underlying these monuments. “These people did something great,” says Colette Hiller, creative director at Sing London, the arts organization that created the program. “We often just pass them by without thinking about that.” —PAIGE DARRAH talkingstatuesdublin.ie