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Periscope

YOGA Remain Seated

There may not be anything to eat aboard JetBlue flights, but passengers who favor the discount airways are getting a free lesson in stress management. Last week the airline introduced instructional cards produced by Crunch Fitness that depict something they're calling "Airplane Yoga." The cards show four different yoga postures, including Bidalasana, which entails hunching over in your seat (sort of like you need the barf bag). Another, Vttita Hastasana, requires interlacing your fingers and stretching up toward the air ducts while "relaxing your face, jaw and eyes." There's also pointers on how to meditate ("Mentally repeat, 'I am breathing in' ").

HIGHER PLANE: Stress relief

The folks at JetBlue say passengers from its home base in New York have been especially tense si.nce September 11. "We want them to feel better, be relaxed and take a little stress off for a while," says JetBlue's vice president of marketing. "If you don't feel like watching TV, have a little stretch and chill out." If you can't get into the Zen of flying, Crunch plans to install bright yellow, heavyweight-style punching bags throughout JetBlue's terminal at JFK airport with humorous tag lines like MISS YOUR FLIGHT? or MIDDLE SEAT? Darcy Walsh, 40, a sales director at a Vermont ski-resort, flew to Florida last week on JetBlue and says she found the meditation instructions very helpful. "Unless you take drugs, short of that, [it's] a much better way to calm down."

–JULIE SCELFO