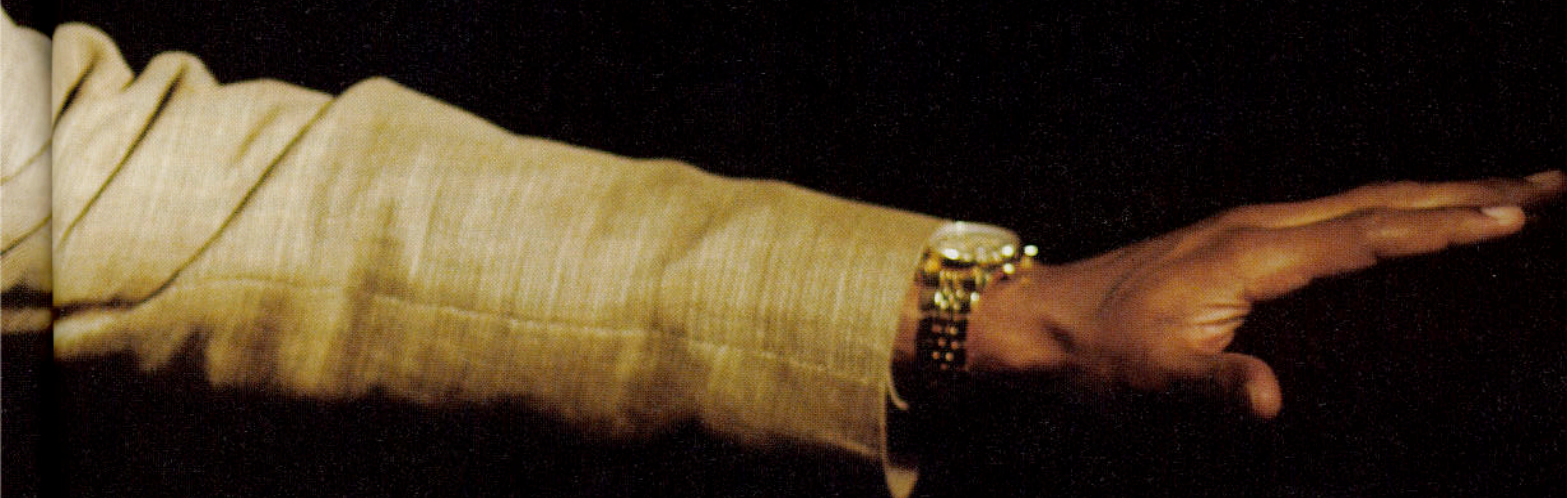


*Against all odds, NBA star and Olympic gold medalist Alonzo Mourning
beat a deadly disease, bounced back to a championship season,
and founded a charity. His secret weapon? Yoga.*

Warrior 33

By TREVOR KEARNEY



Alonzo Mourning looks like a warrior in virabhadrasana II—herculean, focused, fierce. At 6-foot-10, he needs two yoga mats, stretched into one extended lane, to support his wide-legged, stoic stance. His legs are rooted in the lunge; his torso is long and strong; his arms extend into eternity. And the look he casts over his fingertips is stone-cold serious. ¶It's not surprising that Mourning comes across as a warrior on the yoga mat—after all, he is one of the nation's premier warriors on the basketball court. He's the scowling, growling center of the Miami Heat, known for his menacing facial expressions and the game to back them up. ¶The 7-time All-Star is a few inches shorter than many centers, but what he lacks in height he makes up for with an endless supply of on-the-court menace and drive. He shoves his way into position, snatches rebounds, swats away opponents' shots, and slam-dunks ferociously. With his trademark scowl, he's intimidating and downright scary on the basketball court. But he's also a courageous, determined champion at heart, a dedicated philanthropist, and a spiritual family man.