

Southern Living®

Secrets to Southern Charm

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Recipes & ideas for spring brunches, showers, and parties

BEFORE & AFTER!
CURB APPEAL MADE EASY
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A PERFECT SUNDAY BRUNCH
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BEST BLOOMS FOR YOUR PORCH OR PATIO

PLUS

THE SOUTH'S MOST STYLISH CITIES

COOL & CREAMY ICEBOX PIE





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Modern Manners

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Social Graces

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Gracious Home

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Party Etiquette

35 Secrets to Southern Charm

Southerners are known for having **CHARISMA AND POISE**—no matter the circumstances. In today's on-the-go culture, mastering that art has never been more important. Here's how to infuse your world with even more **HOSPITALITY AND STYLE**

by CAROLINE MCKENZIE - photographs by BECKY LUIGART STAYNER - illustrations by HEATHER DIANE HARDISON

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**AHEM, STAND UP
STRAIGHT.**

Forget balancing
a dictionary
on your head.

Improve posture
with this back-
strengthening
yoga pose from
Dallas' **Exhale
Mind Body Spa.**

Measure yourself
arm's length from
a countertop, with
feet hip's width
apart. Lean for-
ward, and place
hands on edge of
surface. Press
chest toward
thighs until
torso is parallel
to ground. Keep
neck relaxed; hold
for 5 to 10
breaths.

