



yoga

JOURNAL

**DIET TIPS
FROM TOP
ATHLETES**

SEX & YOGA

THEY'RE GOOD FOR THE SOUL

**TAKE THE ULTIMATE
NO-STRESS VACATION**

**STOP THE PAIN!
6 STRETCHES TO
RELIEVE SCIATICA**

**TREAT YOUR FEET...
YOUR WHOLE BODY
WILL THANK YOU**



9 POSES TO PREVENT JET LAG
GET CREATIVE ON THE MAT
YOU'RE ALREADY BEAUTIFUL

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HEALTH FITNESS FOOD TRAVEL HOME WORK NATURE RELATIONSHIPS SPIRITUALITY VALUES

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