



yoga

JOURNAL

FREE Yoga Directory

A global guide to classes, retreats, teacher trainings, AND MORE!

HEALTH FITNESS FOOD MEDITATION HOME WORK NATURE RELATIONSHIPS SPIRITUALITY

RENEW

your practice,
renew your Self

- The **power of prana**
- 10 poses to **tone your core**
- **Perfect your posture** with one simple pose
- **Live in balance** by honoring your life's purpose



Your ideal weight

Find it with better **body awareness** & **powerful poses**

"How yoga changed my **relationship to food**"

\$4.99 us



style



A GOOD SOAK (top left) Deep Steep rosemary-mint Bath Tea (\$18) soothes achy muscles, deepsteep.com. Light the aromatic Botura soy wax candle (\$15.50) while you bathe, hillbousestore.com. Aspara floral foot soak (\$18) soothes feet with a mix of salt and dried jasmine, lavender, rose, and calendula petals, aspara-aromatics.com.

A CARROT A DAY (top right) Soak, scrub, and moisturize with the Smooth Over Body Spa Kit (\$19.99) by Yes to Carrots. The kit comes with bath salts from the Dead Sea, moisturizing body scrub, and body butter, all containing organic carrot-seed oil, plus an exfoliating glove (not pictured), yestocarrots.com.

SKIN DEEP (right) Relax with Aura Cacia's Tranquility aromatherapy bubble bath (\$8.99), auracacia.com. MyChelle Dermaceuticals' Guava Cactus Mask (\$31.70) hydrates dry skin, mychelle.com. Aspara's Yuzu Renew Sugar Smoother (\$18) polishes and exfoliates, aspara-aromatics.com. Lavera Faces exfoliant wash (\$19) deep cleans for a healthy glow, lavera.com.



PHOTOS: RORY EARNSHAW/SANDBOX STUDIO; STYLIST: JULIE DODGE