

Fit Yoga

December 2007

**Fit**

[www.fityoga.com](http://www.fityoga.com)

# Yoga

your path to a strong body,  
a stress-free mind, a calm heart

## The Nature of Asana

making a spiritual  
connection through  
physical postures

## Sacred Acts

how rituals help  
connect us to  
our humanity

## Tokens of Love

affordable,  
eco-friendly gifts

## Back on Track

stretch and strengthen  
for a pain-free upper back

## Vastu: the Yoga of Design

align your home  
with nature  
and increase  
pranic flow

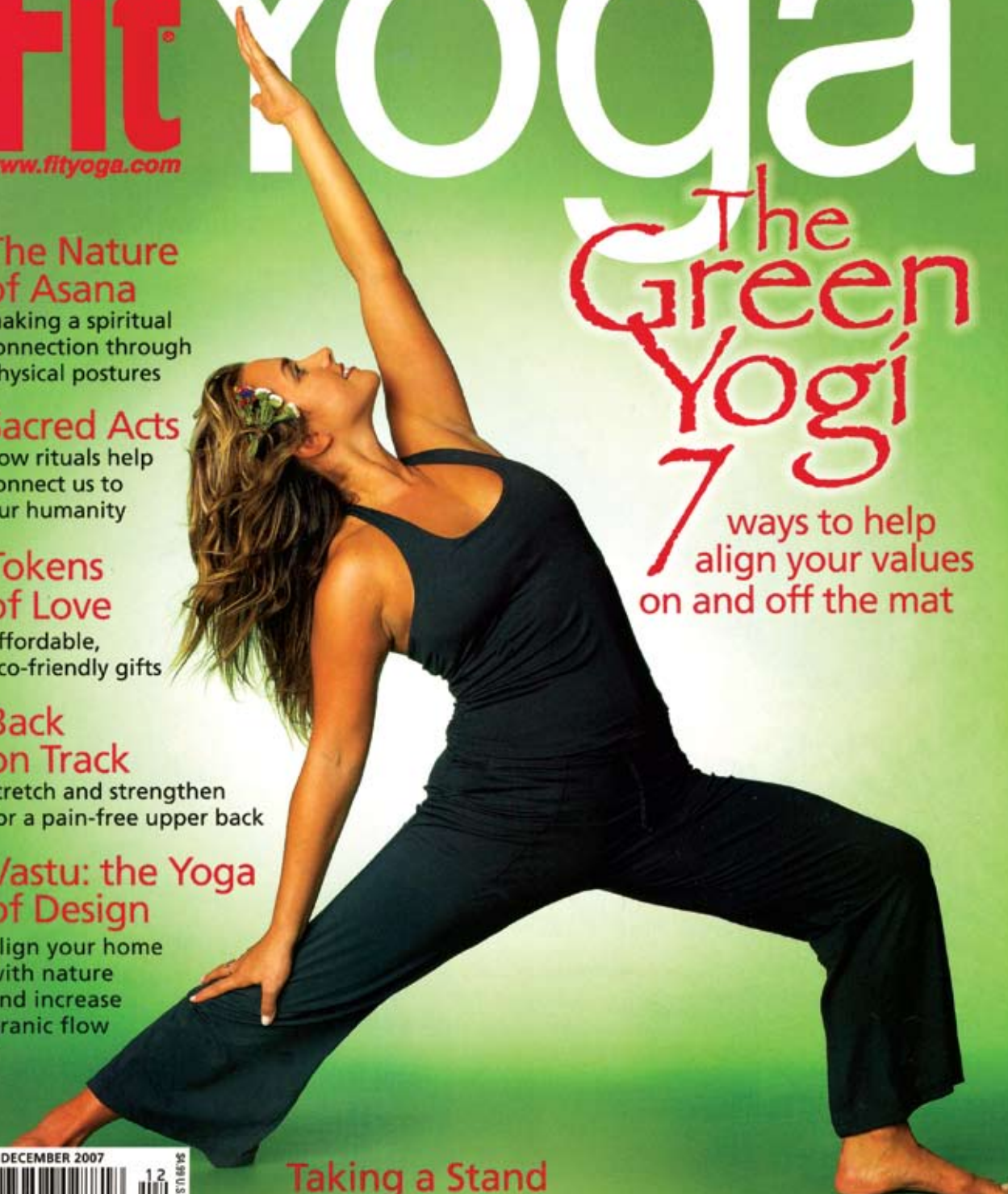
## The Green Yogi

7 ways to help  
align your values  
on and off the mat



## Taking a Stand on Sustainability

The Omega Institute initiates environmental  
change and cultural transformation



ON THE GO

# Sweet Treats

Embrace the holidays with these delectable scents and styles

By Lorraine Shea



## Minty fresh

For an uplifting, body-purifying spa experience, exfoliate with Candy Cane White Chocolate scrub by **Sweet Beauty**. This luscious concoction of cocoa butter, sugar granules, and peppermint essential oil reawakens winter-weary skin. [www.sweetbeautyspa.com](http://www.sweetbeautyspa.com)

## Joy to the world

Spread cheer everywhere you go with **Aura Cacia Candy Cane**, mist or all-natural mix of 100% pure essential peppermint, spearmint, wintergreen, sweet orange oils, and genuine Madagascan vanilla. [www.auracacia.com](http://www.auracacia.com)



## Chocolate kiss

Lips like sugar, so kissably soft and sweet, thanks to the botanical freshness and high-quality of cocoa, oils, and extracts in the Chocolat aux Fruits Collection by **Ganache for Lips**. [www.ganacheforlips.com](http://www.ganacheforlips.com)

## I scream you scream

Treat yourself to a scoop or two of guilt-free **Green & Black's** Organic Ice Cream. You'll savor each creamy rich spoonful of chocolate, vanilla, or white chocolate with strawberry swirl. [www.greenandblacks.com](http://www.greenandblacks.com)

