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Magazine

MONTHLY

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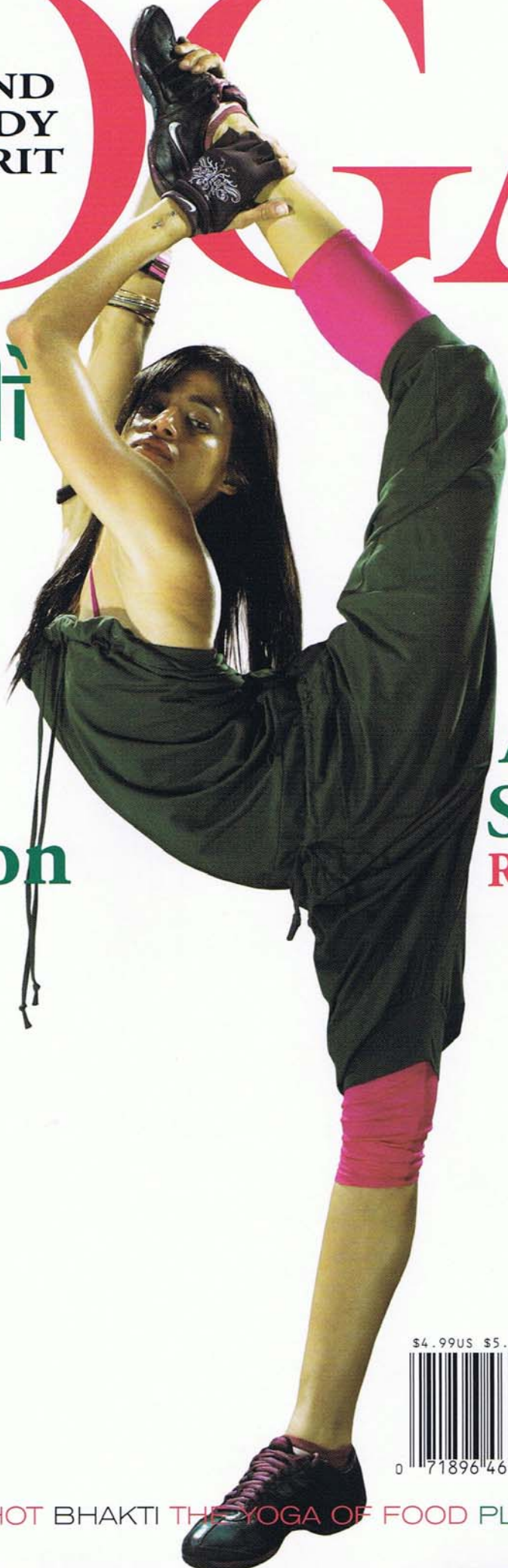
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FANTASTIC FASHION WHAT'S HOT BHAKTI THE YOGA OF FOOD PLUS MUCH MORE

Yoga's New Secret

Busy yogis around the world are finding the secret to a more vibrant and frequent practice... on the internet! YogaUniverse.com



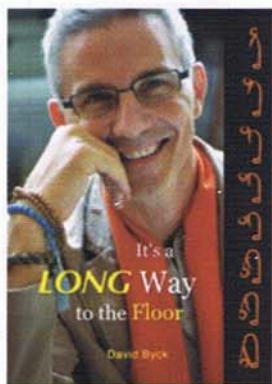
is an online yoga studio that makes quality video yoga instruction available to anyone, regardless of their busy schedule, location, or preferred yoga style. YogaUniverse replaces expensive DVDs and solves time constraints with an unbeatable library of classes.

YOGA Magazine readers' exclusive offer: Sign up at the www address below for a 3-day video series in Beginner, Hatha, or Power Yoga, a \$45 value. The videos are emailed to you free of charge: one daily with an embedded video player for easy full-screen viewing. Classes, 20-90 minutes, are led by renowned teacher Tiffany Chion. Pick your perfect class and press Play. Enlarge and Enjoy!

Don't miss out on your exclusive offer. Sign up for the free 3-Day Series of your choice at <http://www.yogauniverse.com/public/144.cfm?affid=yogamag1>.

A Long Long Way

It's A Long Way To The Floor by David



Byck is a true story of how yoga changed the life of a hot dog-eating, sports-loving, weight-lifting, Mr. Corporate America from the inside out.

David writes: "When my yoga practice became more than a weekly pas-

time, I began undergoing subtle but incredible physical, mental and spiritual changes. But because I initially didn't understand those changes, I struggled through them as one would walk in the dark. The exciting thing is,

once I realized what was happening to me, not only was my progress and enjoyment elevated to new levels but my stress-related illness which had brought me to yoga in the first place, had all but disappeared."

To read more, please go to www.davidbyck.com/extracts/its-a-long-way-to-the-floor.html.

See ad, page 87.

Channel Your Kundalini

In *Kundalini Rising*, charismatic Seattle-area yoga instructor April Petty details her approach toward achieving integration of body, mind, and spirit via chakra energy flowing along the spinal column through detailed discussions of selected yoga postures.



Kundalini Rising contains

instructions for visualization, meditation, and fasting to achieve greater integration of mental, physical, and spiritual health. The book is sprinkled with whimsical, amusing illustrations done by the author of actual students in her various classes.

"April Petty provides us a wonderful primer on the relationship of postures to the chakras and Kundalini energy, all in the easy conversational style of an obviously experienced teacher. Her illustrations are delightful. Another plus is a good index. The crowning gifts are the lovely, original Haiku introducing each posture."

—Charlene Cappellini, *Namasté Yoga Center, Tallahassee, Florida*

See ad, page 29.

Yoga For A World On The Go

In a busy world, in the midst of our hurried lives, the My Yoga 2 Go Practice System offers the convenience, versatility and peace



of mind of a personalized yoga session – whether you're on the other side of the world or in your living room. My Yoga 2 Go acts as your very own instructor, providing an endless combination of yoga sequences and the luxury to design your own routine. The Practice System includes: 70+ posture cards (including sun salutations A & B), seven different suggested sequences (ranging from Flow to Ashtanga, beginner to advanced), and a portable, multi-pocket tote that hangs on a doorknob or hook to display the cards in your sequence and then folds up for easy travel or storage.

The My Yoga 2 Go Practice System provides sanctuary for all yogis, young and old, beginner through advanced. My Yoga 2 Go is ideal for harried executives, busy mothers, unwilling commuters, too frequent travelers and all yogis who covet an intimate space in which to practice. Now, wherever you go, your yoga goes.

See ad, page 65.

Savor Chocolate. Save Our Planet.

Whether you put out a shoe on December 5, give gifts for the 8 days of Hanukkah, hang a stocking on the 24th or celebrate your heritage through gift-giving, Endangered Species Chocolate has tasteful gifts for the season.

From organic stocking stuffers and all-natural gift collections to sus-



tainable t-shirts and ESC candy wrapper purses, gifts from Endangered Species Chocolate help support species, habitat and humanity by donating 10% of net profits.

Endangered Species Chocolate is made from ethically traded, shade-grown cacao that supports the habitats and communities where it's grown. Choose from more than 30 varieties of ethically traded, shade-grown, all-natural, organic, vegan and kosher milk and dark chocolate.

See ad, page 86.