

# yoga

JOURNAL

Best poses for  
**core strength**

**8 energizing  
poses** to  
get you into the  
flow of life

Nutrition & yoga  
for **stronger  
bones**

**Find happiness  
in truth:**  
don't mistake  
perceptions  
for reality

Effective, natural  
**remedies for pain**

Discover  
**open-hearted  
freedom** on  
your mat

*the blue*  
*issue*

**29**

healing ideas to  
save our seas,  
streams &  
life on Earth

*plus* BOLD VEGETARIAN FLAVORS, GREAT JAPANESE RECIPES

