

yoga

JOURNAL

stay calm
even when
you're
losing it

be your
happiest

12 ideas for
less stress,
more joy

Heal back pain

10 poses to restore
body and soul

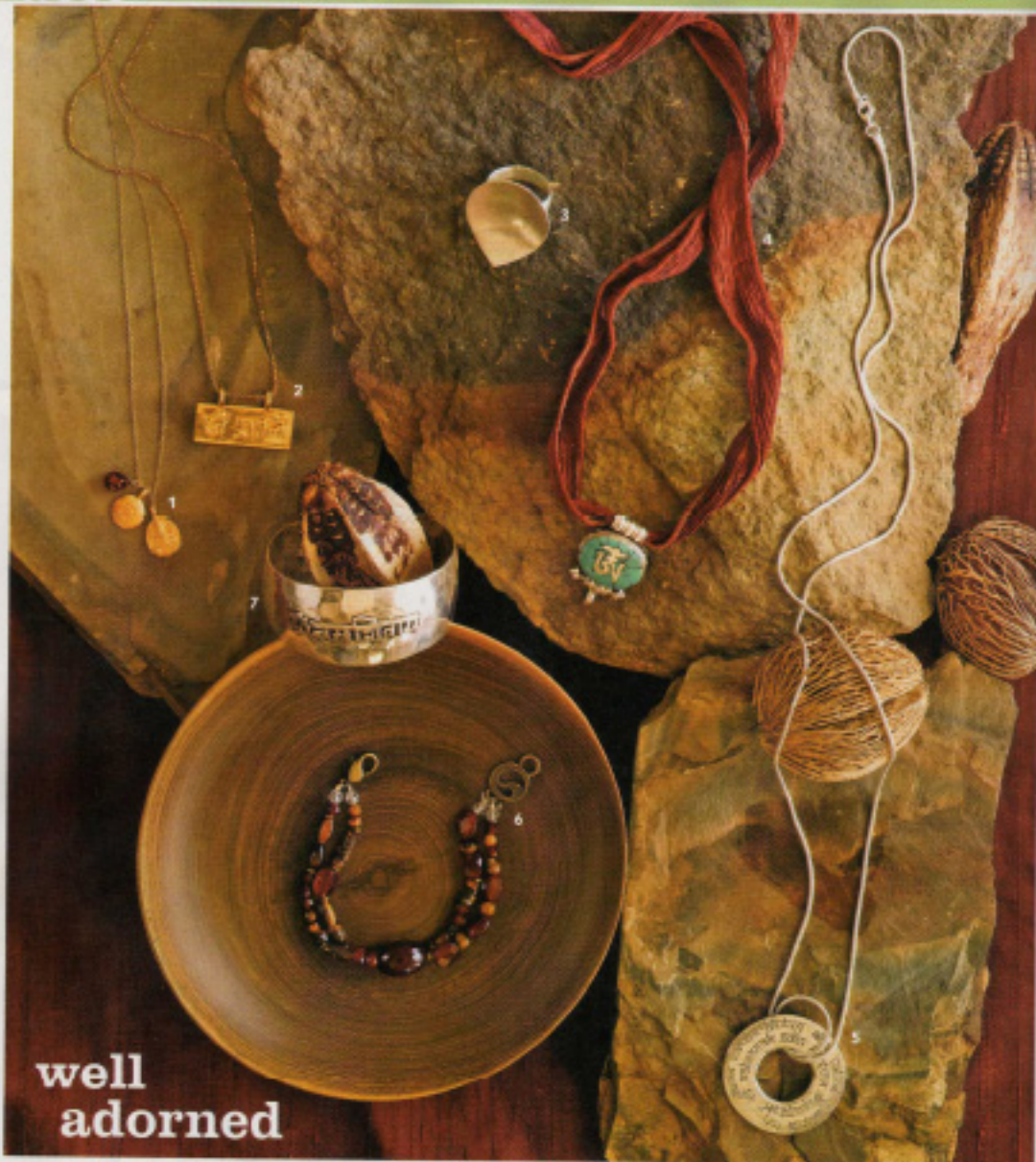
Change yourself,
change the world

Winter skin
soothers



GIFTS THAT
DO GOOD
VEGAN
PARTY FOOD
YOGA ON
YOUTUBE





well adorned

Sparkle with these yoga-inspired rings, bracelets, and necklaces.

- 1 GOLD-MATTE-FINISH** necklace from Satya (\$98) with garnet, Ganesha, and Om pendants. satyajewelry.com
- 2 OM SHANTI** necklace from Rosena Sammi (\$139). rosenasammi.com
- 3 STERLING SILVER LOTUS** ring from Me&Ro (\$240). meandrojewelry.com
- 4 TURQUOISE** Nepalese Om prayer box strung on a silk ribbon from Bhati Beads (\$65). bhatibeads.com

- 5 MANTRA 7** from the Isha Upanishad set in a sterling silver pendant on a silver serpentine chain by Sonja Picard (\$150). sonjapicard.com
- 6 BRACELET** of carnelian stone, tiger's eye, and amber by Energy Muse (\$100). energymuse.com
- 7 OM NAMAH SHIVAYA** adjustable silver cuff from Shanti Boutique (\$90). shantiboutique.com