

**WIN!**

A 12-month subscription to Soo Yoga & goodies bundle - worth £800!

# Ommyoga & lifestyle

JANUARY 2023 - £5.99

*New Year*  
**STRONGER YOU**

Elevate your existence

**YOGA & SELF-CARE**

14-page special report

**YOGA: A SURVIVAL GUIDE FOR 2023**

**My first yoga class — yes, you can do it!**

*Colour therapy*

to enhance your yoga practice and your life

**OM MEETS:**

cover model  
Liz Underwood



# Om loves

Beautiful things for beautiful  
people



## Samadhi Muladhara Tote Bag

This beautiful tote bag from Indigo Boutique will appeal to anyone with great taste. It's just one of the exquisite creations from Anaïs, a French yogini, dancer and dreamer, now living in the mountain kingdom of Nepal. She's also a yin and kids' yoga teacher, as well as talented designer. Visit the website for more dreamy yoga-inspired artwork and creations.

**£28**

[theindigoboutique.com](https://www.theindigoboutique.com)