



LITTLE LEMON TEMPTATIONS

These perfect pots of goodness are made with coconut cream and real lemon juice for that extra zing, making for a delicious and creamy dessert. As well as being free-from dairy, soya and gluten, they are packed with the goodness of coconuts and contain just 125 calories per 45 gram serving size.

£2.50 from Tesco and Ocado.com

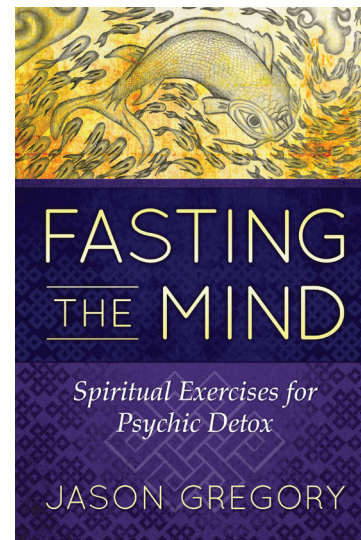


RE.GENERATIONS

BY LIQUID BLOOM

With his latest offering, Re.Generations, New Mexico-based music producer and sonic alchemist Amani Friend re-envisions some of his earlier Liquid Bloom material into an immersive experience of sacred sonic wanderlust. This eclectic, multi-sensory album dances the listener across many lands and genres of music, with a rich tapestry of sonic elements that include Peruvian ritual songs, Persian oud instrumentals, classical crooning cello, lyrical meditative guidance and much more.

(White Swan Records) £6.99 available from Amazon



FASTING THE MIND

BY JASON GREGORY

This is an excellent book that draws on spiritual philosophies and meditative practices of classical yoga, Hinduism, Buddhism, and Taoism to help you empty your mind and gradually restore your natural rhythms. Alongside showing how to truly relax the mind from stimulation so it can repair itself and come back into equilibrium, the author also offers methods for digital detoxing and ensuring a good night's sleep. Highly recommended.

(Inner Traditions) \$14.95



DOISY & DAM CHOCOLATE BARS

These are truly delicious chocolate bars that uniquely combine superfoods including maca, lucuma and goji berries with the highest quality organic chocolate. With eight flavours including Date & Himalayan Pink Salt with milk chocolate, and Lemon, Poppy Seed & Baobab with white chocolate, Doisy & Dam is the perfect indulgence- a tastier, healthier range of chocolate. Yum!

£1.65 from Sainsbury's, Ocado, Whole Foods.