

YOGA[®] MAGAZINE

yogamagazine.com

MAY 2015

YOGA SEQUENCES FOR BUSY PEOPLE ON THE GO

SIMPLE 15-MINUTE WORKOUTS YOU CAN PRACTISE ANYWHERE

20-MINUTE HIGH INTENSITY TRAINING PROGRAMME

ELEVATE YOUR HEART RATE, BURN CALORIES AND WORK THE TYPE 2 MUSCLE FIBRES

DEEPENING YOUR MEDITATION PRACTICE

ESSENTIAL TIPS TO ENTER THE QUIET SPACE WITHIN

HOME YOGA SEQUENCE

OPEN AND LENGTHEN THE SIDE OF YOUR BODY FOR A GREATER SENSE OF EASE

WIN

A 7-NIGHT YOGA AND PILATES RETREAT IN FUERTEVENTURA

WORTH OVER
£1,000

UK £4.25



USA \$9.99 BELGIUM, FRANCE, CYPRUS, ITALY, AUSTRIA, MALTA, LUXEMBOURG, NETHERLANDS, PORTUGAL, SPAIN €11.00 JAPAN ¥1572.00 UAE AED58



This convenient new range of roll on aromatherapy blends from Beautiful Mind Beautiful Body contains natural essential oils to help you calm the mind and body wherever you are. Just simply roll on to pulse points (wrists and temples) on your body and allow the essential oils to sink into your skin.

Calming Oil Roll on Blend

Contains a wonderful blend of jasmine and mimosa essential oils to help cool and calm your mind and body. Extremely soothing, and good for relieving stress, anxiety and tension and for soothing your Pitta Dosha. This is brilliant to have in your handbag and use whenever you need to find some peace and calm in the city.

£12.00



Balancing Oil Roll On Blend

Contains lavender and neroli oils to soothe the skin whilst harmonising you at the same time. Your skin will be left feeling silky smooth and your Vata Dosha will be brought back into balance.

£12.00



Rejuvenating Oil Roll On Blend

Geranium and ylang ylang oils leaves the skin feeling silky smooth whilst rejuvenating you at the same time. Your Kapha Dosha will be balanced as the essential oils work to pick you up and revitalise you.

JENNIFER MOON

JENNIFER HAS WORKED IN THE BEAUTY INDUSTRY FOR 10 YEARS. SHE IS PASSIONATE ABOUT FINDING NEW PRODUCTS WITH NATURAL INGREDIENTS THAT PROVIDE AMAZING RESULTS. IT'S A NEVER-ENDING QUEST!

WRITTEN BY

All **£12.00** and available from beautifulmindbeautifulbody.co.uk