

Fit Yoga

your path to a strong body,
a stress-free mind, a calm heart

www.fityoga.com

Living a Centered Life

Marisol Hemingway approaches mid-life with clarity and yogic calm

Magical Movements

new possibilities for women with breast cancer

Life Lessons

how to use yoga for every phase of your life

Yoga for Pregnancy

learn to practice at your own pace

Child's Play

how young yogis improve body, mind, and grades

Confessions of a 63-Year-Old Yogi

patience, humility, and the thrill of getting into a Headstand

Cultivate a Warrior's Heart

find a more evolved solution to conflict

Grief to Gratitude

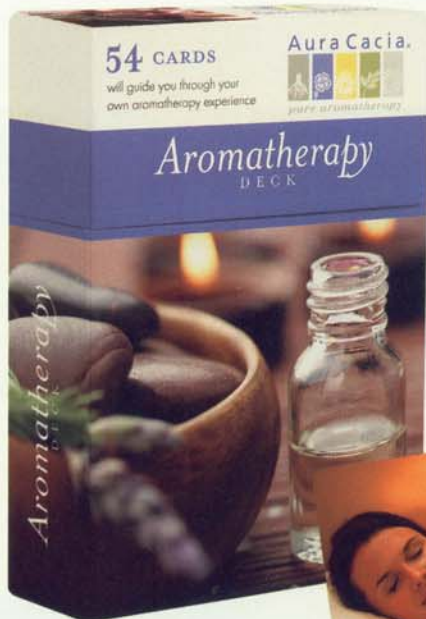
transform your emotions through asana





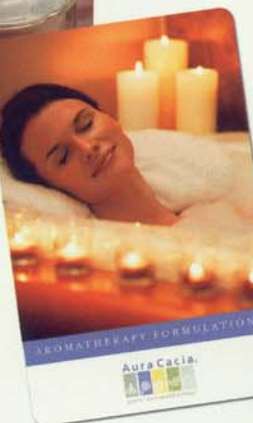
Steel Will

Named after a Peruvian town known for its textiles, leather, and flower trade, **Tarma Designs** recycles stainless steel into jewelry for active lifestyles. Warrior II Polished Chain Pendant and Wristband invoke your most courageous self. www.tarmadesigns.com



Hit the Deck

Do you ever wonder which aromatherapy oil does what? Shuffle through **Aura Cacia's** 54-card Aromatherapy deck for some quick answers. The easy-to-refer-to cards include three categories: specific oils, aromatherapy benefits, and various formulations for healing and soothing. www.auracacia.com



A Passion for Fashion

Not only can you fit your yoga mat in this sleek metallic silver bag by **m.andonia**, you can easily cart your sunglasses, cellphone, change of clothes, wallet, toiletries, and water bottle. Long black patent-leather handles drape right over your shoulder. www.mandonia.com



www.fityoga.com
FitYoga