

17 POSES FOR A BALANCED BODY AND MIND

# yoga

JOURNAL

How to be  
safe and  
flexible in  
any pose

LIFE IN BALANCE

ALL-DAY  
JOY

4 rules of  
happiness

Feel more fit  
A 10-MINUTE  
SEQUENCE

Get  
Stronger

A powerful  
sequence to  
do at home

Back pain?

Headaches?

Can't sleep?

13

WAYS TO  
FEEL BETTER  
NOW

HARNESS  
THE POWER OF  
**intention**  
*5 steps to make  
lasting change*

**NEW TO YOGA?**

Get started with **Grace Flowers'**  
home practice for beginners

+ FIND YOUR NEW FAVORITE  
YOGA STUDIO, PAGE 95

