

AMERICA'S GUIDE TO A HEALTHY MIND, BODY AND SPIRIT

NEWLIFE

SEPTEMBER
OCTOBER
2008

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**Cosmic
Reflections
on the
Chapel of
Sacred
Mirrors**

**Fundamentals
of Yin Yoga**

**The Three
Bandhas**

**Is Melatonin
the Closest
Thing to
a Cure-All?**

NEW YORK'S GUIDE TO YOGA AWARENESS

A person is shown from the back, performing a yoga pose (Urdhva Dhanurasana) on a sandy beach at sunset. A large, vibrant green head of broccoli is superimposed on their back, appearing to be part of their body. The background is a warm, orange and red sunset over the ocean.

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