

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

NEWLIFE

JANUARY
FEBRUARY
2009

Y Y O G A

**Superfoods
Simplified**

**The Hidden
Hormonal
Causes
of Stubborn
Weight Gain**

**The Koshas
Mystical
Fivefold Sheath**

**Sticky Blood
A Common Problem
with Chronic Illness**

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 placed 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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