

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

# NEWLIFE

MAY  
JUNE  
2009

# YOGA

**Swami Bua**  
America's Oldest  
Living Yogi

**The Keys to  
the Kingdom  
of Heaven**

**Vegetarianism  
vs Meat Eating**

**Mold**  
Could It Be the Cause of  
Your Health Problems?

NEW YORK'S GUIDE TO YOGA AWARENESS