

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

NEWLIFE

NOVEMBER
DECEMBER
2009

Y

Healthy Yoga Getaways

Y

**Preventing Swine Flu
Naturally**

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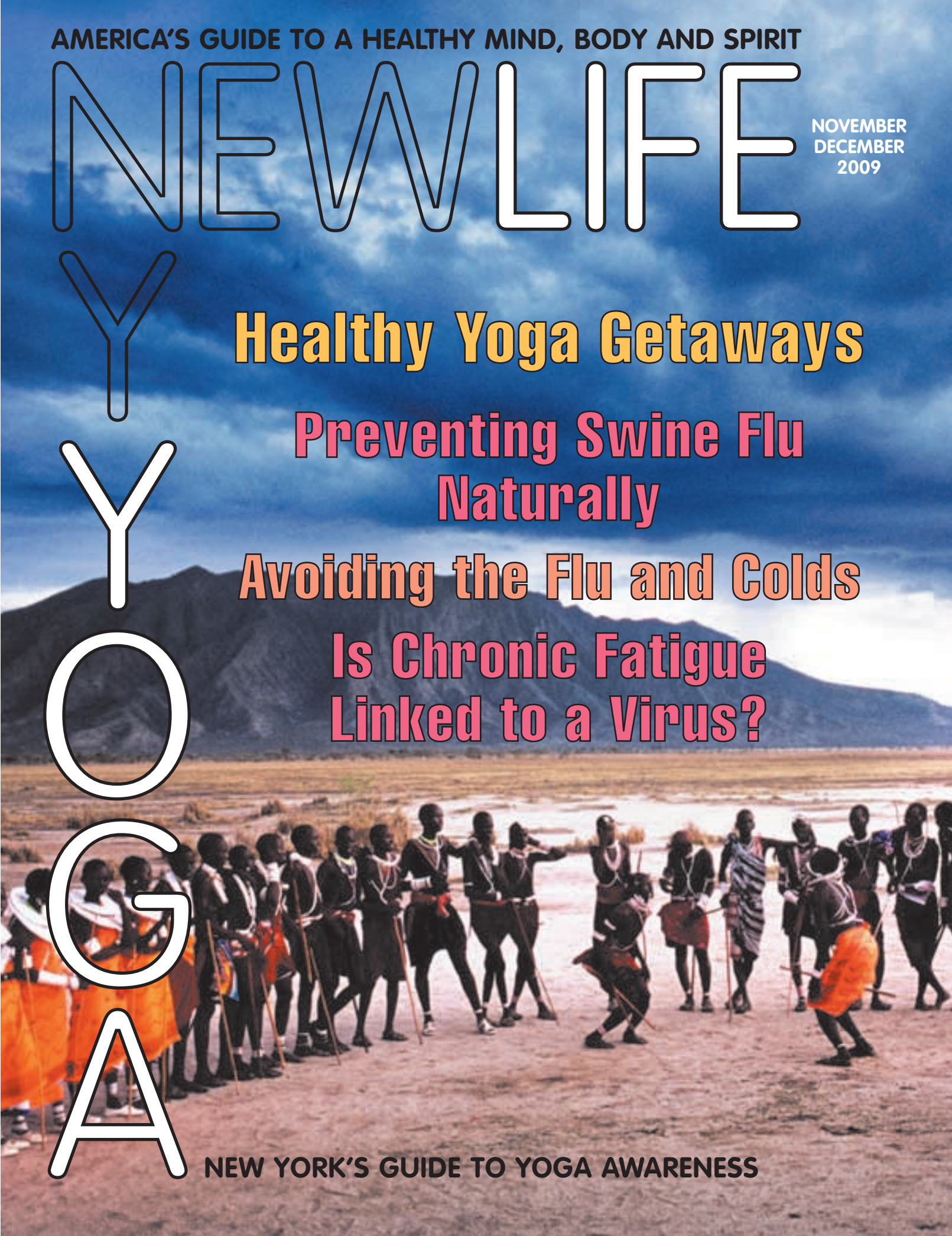
Avoiding the Flu and Colds

G

**Is Chronic Fatigue
Linked to a Virus?**

A

NEW YORK'S GUIDE TO YOGA AWARENESS



Some Of Our Guests Come To Heal. Some Come To Learn...



...Others Come Simply For The Food.

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Executive
Chef Ken Blue
prepares raw
pizza for a Friday
night dinner.

A person is shown from the back, performing a yoga pose (Urdhva Dhanurasana) on a sandy beach at sunset. A large, vibrant green broccoli is balanced on their head, with its stalk extending upwards. The background is a warm, orange and red sunset sky over the ocean.

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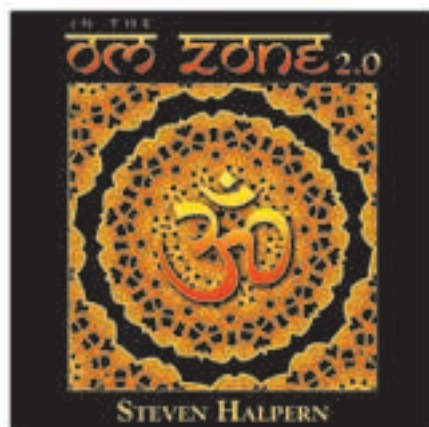
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RELAXATION SUITE

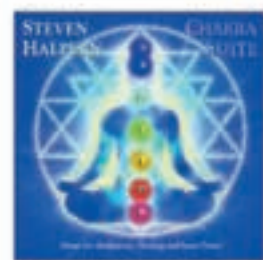
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