

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

# NEWLIFE

JANUARY  
FEBRUARY  
2010

Y

**Free to Love  
The Heart of Emotions**

Y

**Meditation  
One Minute to A Quiet Mind**

**Do You Eat to Live  
or Live to Eat?**

O

**Brain Fog  
A Modern Day  
Malady**

G

**The Holy  
Trinity of  
Dharma  
Yoga**

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.

We really don't believe it matters what brings you here, because once you arrive, you'll realize that you're going to receive all of the above and more. You cannot be here and classes going on all day long, you're sure to find our Cuisine will definitely be at the top of the list. Hippocrates experience a memorable one.

- Delicious Organic Living Foods • Life Changing Wheatgrass & Juice Therapies • Medical & Dr. Analysis • Ozonated Pools, Saunas & Spas • E-Classes - Group & Individual • Yoga, Meditation & Qi Gong • Skilled Professional Massage Therapists • Hyperbaric Therapies • Diapulse • Immune System Building IV Therapies • Oxygen Therapy Procedure • Aqua Chi • Psychological Counseling & Mind Massage • Electromagnetic, Turbosonic & Vibrosound • Medical Nutritional Counseling
- Store & Gift Shop with Books, Music & DVD's
- + A Complete Line of Organic Supplements
- + Organic Essential Oils and Make Up

Call today for a free brochure and DVD,  
toll-free 1-800-842-2125 or visit us on the web  
- [www.hippocratesinstitute.org](http://www.hippocratesinstitute.org)



Executive Chef Van Blue prepares raw pizzas for a Friday night dinner.

1443 Palmdale Court • West Palm Beach, Florida  
561-471-8876

A person is shown from behind, performing a yoga pose (Urdhva Dhanurasana) on a sandy beach. A large, vibrant green broccoli is balanced on their head, with its stalk extending upwards. The background is a warm, orange-hued sunset or sunrise over the ocean.

# YOGA & RAW FOOD EXPO

June 11-13, 2010  
New York City

THREE DAYS OF YOGA

Classes • Lectures • Music • Food

INTEGRAL • BIKRAM • JIVAMUKTI • KRIPALU • PILATES  
TANTRIC • SIVANANDA • ASHTANGA • BUA • KIRTAN  
KUNDALINI • HIMALAYAN • VINYASA • ATMANANDA

HOTEL NEW YORKER

34th Street & 8th Avenue

CALL 516-897-0900 for FREE BROCHURE

Pre-Registration Discounts • Exhibiting  
Speaking • Advertising • Volunteering

[www.NYYogaExpo.com](http://www.NYYogaExpo.com)

# Nurture Your body and Spirit in the New Year with the #1 rated Healing Music by STEVEN HALPERN

Feel relaxed, uplifted and at peace within moments.  
All you have to do is *listen*™!



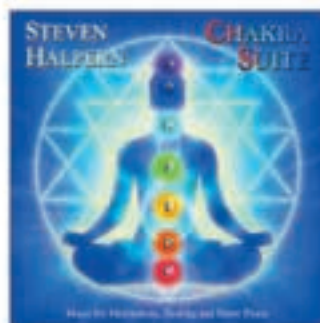
IPM 8033 CD

## RELAXATION SUITE

Featuring DAVID DARLING,  
2009 Grammy® nominee on cello

“STEVEN HALPERN and DAVID  
DARLING take healing music to a  
higher octave.” — *New Life Magazine*

Soaring melodies create majestic  
cathedrals of sound.



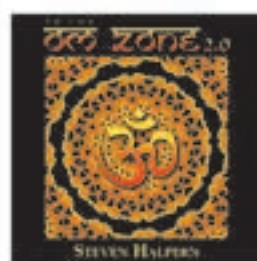
IPM 8000 CD

## CHAKRA SUITE

Over 700,000 sold!

The music resonates each  
chakra to harmonize and  
raise vibratory frequency.

Balancing the 7 chakras  
enhances coherence of  
body, mind and soul.



IPM 8033 CD

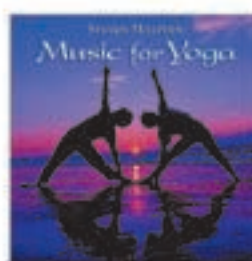
## IN THE OM ZONE 2.0

Get the “Om Field Advantage!”

A profound and user-friendly way to  
tune in to the primordial sound of the  
cosmos.

★ Creates sacred space when played softly

- ★ Gentle voices chant the OM mantra with tambura, ambient keyboards, bamboo flute
- ★ Provides ‘spiritual karaoke’ for chanting at home



IPM 7887 CD

## MUSIC FOR YOGA

Music attuned to the rhythm  
of a deep yogic breath.

Your muscles relax; you stretch  
and hold each asana with  
more ease.

## GIFTS OF THE ANGELS



IPM 7855 CD

## MUSIC FOR SOUND HEALING



IPM 7878 CD

STEVEN HALPERN is the iconic  
multi-million selling recording artist &  
composer renowned as the founding  
father of relaxation and healing music.

35<sup>th</sup>  
ANNIVERSARY

Recommended by leading  
health authorities and yoga  
teachers, his recordings  
radiate energies of light,  
love and inner peace.



“Steven’s CDs are perfect for yoga practice,  
and can help you create a less-stressed,  
healthy lifestyle at home or work.”

— Mark Becker, Master Yogi and Teacher

**NewLife / NY Yoga SPECIAL! Buy Any 2 CDs — get 2 more FREE!**

Order today: [www.innerpeacemusic.com/nyy0210](http://www.innerpeacemusic.com/nyy0210) or 1-800-909-0707 (offer ends 2/22/10)