

Yoga Journal Winner of Two Maggie Awards Including Best Consumer Health & Fitness Magazine



Little **Appetites**

Ideas for healthy foods & snacks, plus suggestions for teaching kids to make positive food & drink choices

Fall Style

Everything you need for the cooler fall months including shoes, backpacks, cosmetics, & hair products

Green Building Trend

Green any space with sustainable features, plus a talk with industry experts about the green building/remodeling trend

Daily **Calm**

How to maintain your most fundamental intentions, throughout your busy life

Better Breakfasts

Guidelines for a well-digested breakfast, & what foods to pick for the most important meal of the day

Insomnia

What's keeping you up at night? Try these tips & techniques to beat insomnia

Weight Loss

How a woman lost 85 pounds & realized more has changed in her life than just the number on the scale

Imagine That

How to use your imagination as a tool to create positive change in your life

Going Gray Gracefully

One women's experience going gray

Do it **Yourself**

Make your own meditation cushion (or two) with these instructions and some fabulous eco-friendly fabric & stuffing