



Regular yoga practice will give the immune system a boost by providing a constant supply of oxygen and nutrients necessary for immune system organs and cells to function

Citizen-Times.com, January 2010

Summer Retreat **Cookbook**

Can't get away this summer? You can still enjoy the benefits of retreat center cuisine with these tasty recipe ideas

Bountiful Berries

We'll talk about different berries—blueberry, raspberry, strawberry, plus acai and goji—their antioxidant powers, and whether you can still get the benefits in dried, frozen, and juice forms

Surf's **Up!**

Tips to grabbing a better wave, plus 5 must-do pre-surf stretches

Dinner with Friends

The importance of sharing food with friends plus some great meal ideas

Autoimmunity

Tips to help battle autoimmunity disorders

Summer **Beauty**

Cosmetics with sunscreen, self-tanners, lip balm, hair products, swimsuit, cover-up, beach shoes, and beach bags

Sunscreen and Vitamin D

The facts on vitamin D and sun protection, just in time for beach season, plus a few of our favorite sunscreens

Stay **Calm**

How calming down changes the amount of blood flow to different areas of the brain, which can have an impact on how you feel and behave

Yoga in the **Media**

Reviews of the latest yoga related books, movies, and music

Poetic Pause

Why some say, to find the meaning of life,