

top 10 reasons to advertise



*Yoga Journal* nominated for five Maggie Awards Including Best Consumer Health & Fitness Magazine and Best Consumer Overall Design.

**1. Kids Yoga Clothes**

Great clothes for kids who love yoga

**2. PMS Helpers**

Techniques to help reduce PMS symptoms

**3. Yoga Families**

Tips on how to incorporate yoga values into your family

**4. Yoga for Seniors**

A look at the growing trend and benefits of bringing yoga to seniors

**5. Clothing Company Gives Back**

New clothing company earns a buck and then gives it back to the community

**6. Hiking to Help Refugees**

How hikers around the country are supporting the humanitarian work of the UN Refugee Agency

**7. Pet Care Products**

How to pick the right pet food and supplements

**8. Financial Ease**

How to keep your calm during financial struggles

**9. Americans Spend \$5.7 Billion a Year**

on yoga classes and products, including equipment, clothing, vacations and media—almost double from 2004.

Source: 2008 Yoga in America Study

**10. Health Has Become The Main Reason People Practice Yoga**

Almost half of all practitioners came to yoga to improve their health, and 52% keep practicing for the same reason.

Source: 2008 Yoga in America Study

Thank you. Please contact your sales representative for additional information.