

# YOGA<sup>®</sup> MAGAZINE

yogamagazine.com

SEPTEMBER 2016

THE IMPORTANCE OF

## EATING HEALTHILY

PLUS DETOX TIPS

BHUJAPIDASANA SEQUENCE  
TO HELP THE BODY BECOME

## LIGHT AND STRONG

**WIN**  
A 7-DAY YOGA  
**RETREAT**  
FOR 2 SAILING  
THE BALEARICS

CREATIVE FLOW

## ON AND OFF THE MAT



**LIVING RAW**  
THE FOOD OF YOGA

USA \$12.99 CANADA \$13.50  
BELGIUM, FRANCE, CYPRUS, ITALY, AUSTRIA  
MALTA, LUXEMBOURG, NETHERLANDS  
PORTUGAL, SPAIN €11.00  
JAPAN ¥1572.00 UAE AED\$8

UK £4.50



771478 967058



## ONO CREATIONS

If you like to mix luxury and sustainability, you will fall in love with these beautiful bags from ono creations. Each ono bag is handcrafted by skilled artisans and experts who comply with eco-friendly processes and fair working standards to ensure the highest quality and ethics. All materials are natural and include organic cotton, oeko-tex certified tencel and ono's worldwide unique and handmade cork-tencel material that offers a wonderful tactile experience and texture.

Ono's casual bag collection 'cor' is designed for both men and women and includes a yoga mat carrier, four different styled handbags, a clutch and sleeves for a tablet and a laptop. Ono creations have just launched its new fall/winter handbag collection 'stelo', created for women following their own star. The collection has been designed from a combination of three individual patterned high quality materials shaping the contour of a star.

[onocreations.com](http://onocreations.com)