

JULY / AUGUST 2015

yoga

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INSPIRE • EDUCATE • CONNECT

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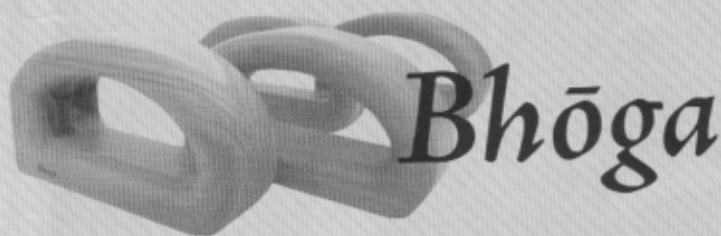
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Staff Picks

THE BHOGA INFINITY BLOCK is inspired by and designed for the natural shapes and contours of our body. Perhaps the most vital shape within our body's provides—stability, support, empowerment, balanced weight distribution and transferring of directional force. That classic and vital shape is the arch. The Bhoga Infinity Block's shape provides the fluidity and natural ergonomics of the arch combined with the stability and grounding of flat sides. Super- ergonomic shape provides comfortable, natural, enlivening and empowering action. The Infinity Block has an ideal grip and also nestles naturally into contours of the back in reclining poses. Creatively explore virtually unlimited possibilities. www.bhoga.com



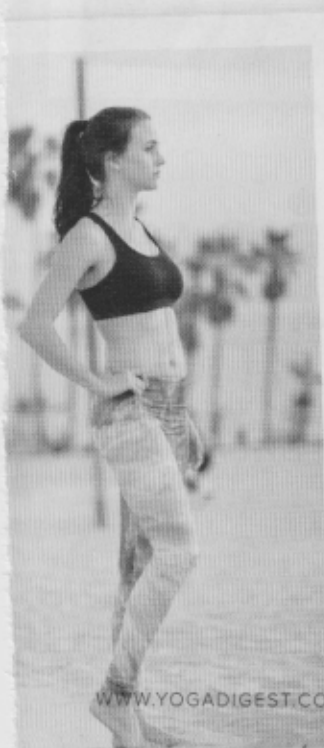
Bhōga

CONFUSED GIRL IN THE CITY, designs an exclusive line of high quality printed leggings (4 way stretch), made in L.A. The designs are inspired by HEALING CRYSTALS and each pair represents a different stone.

The healing crystals balance yin/yang energy and cultivate courage, creativity and healing. **CONFUSED GIRL IN THE CITY** is a brand about healing and acceptance. The "Confused Girl" is vulnerable, honest and brave. These **GRACE LEGGINGS** are patterned from a Rose Onyx crystal.

Onyx is associated primarily with the root chakra. It assists with challenges in life, especially those caused by a drain of energy. It also helps with grounding and controlling or eliminating excess or unwanted energies. Check out their website for other styles and healing properties!

confusedgirlinthecity.com



WWW.YOGADIGEST.COM

WATERLUST

creates media and apparel which aims to inspire people to consider their relationship with water. Their bold, aqua-inspired printed leggings are made from rPET recycled polyester (aka post-consumer plastic bottles), have a UPF rating of 50+ to keep you sun-safe, and look and feel great during any activity (in and out of the water). They're comfortable, supportive, breathable and quick drying; not to mention, each unique print is adapted from a photograph taken by the Waterlust team! 10% of profits from each pair sold is donated to a relevant research lab or non-profit organization! Look and feel your best, while promoting scientific discovery and adventure! Enter 'yogadigest' at checkout and save 10% off your purchase! www.waterlust.org/shop



Since its founding in 2004, **KIND** has been on a mission to make the world a little kinder one snack and act at a time.

All award-winning KIND snacks are made from delicious, wholesome ingredients and are gluten free and non GMO. KIND currently offers six different snack lines including: **KIND® Fruit & Nut** and **KIND® PLUS**, two lines of delicious whole nut & fruit bars; **KIND® Nuts & Spices**, a line of whole nut & spice bars that naturally have only 5g of sugar or less; **KIND Healthy Grains® Clusters** made from five super grains; **KIND Healthy Grains® Bars**, a line of crunchy and chewy granola bars; and **STRONG & KIND®**, a line of savory-flavored bars featuring 10g of protein.

To snack happy visit kindsnacks.com, and to join the community visit kindmovement.com.



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