

# yoga

JOURNAL

CREATE  
HAPPINESS  
EVERY DAY

## Live Boldly

HOW TO FACE  
LIFE'S CHALLENGES  
FEARLESSLY

### Practice Yoga Forever

DON'T LET AGE, ILLNESS,  
OR INJURY STOP YOU

### Couples' Yoga

FALL IN LOVE ALL OVER AGAIN

### Pain-free Backbends

### Overwhelmed?

9 STEPS TO GETTING  
YOUR LIFE BACK



Plus

SAFER SUNSCREENS  
HEALTHIER SUMMER GRILLING  
EUROPE'S NEW YOGA CAPITAL

