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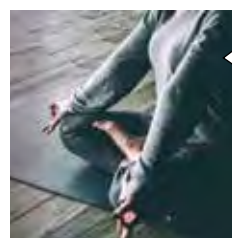
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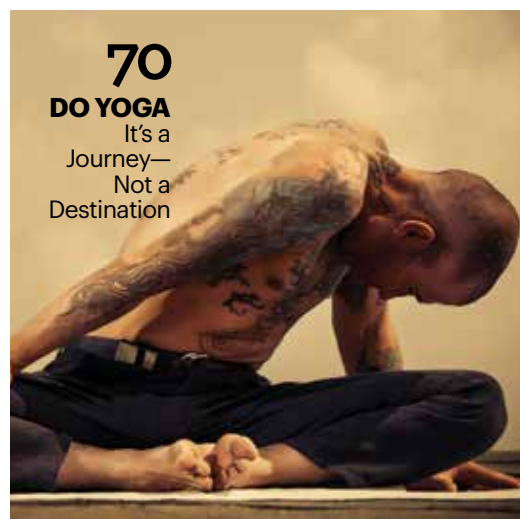
Winter is here and while the cold is refreshing, it often makes us want to hibernate! Use that time for self-care. Reflect on changes you want to make in your life and put that plan into motion!



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**SWEAT
SCIENCE**
Pain and the
Practice of
Yoga



Cover photography
Ashley Streff
Model: Bee Bosnak



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goldengemini.com
yogamedicine.com



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www.ashleystreff.com

LINDA MALONE

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February/March 2017

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SE

Step Out of the box and Get Into our Best of 2017 Directory

Make This Year Something Special!

Inspiration, motivation, and perspiration at your fingertips!

Sweat Equity's online directory showcases the absolute best, most loved, long-standing, free-spirited, all-encompassing health and wellness businesses from across Canada. What do we mean by that? Well, we've explored a whole host of yoga studios, fitness centres, training certification programs, and retreat locations, looking for those that offer something different and unique, something original, like you. We know you don't fit into any box, which is why you'll find a variety of options, from Qigong to Ashtanga, personal training to Pilates, and Barre classes to boxing classes. Cruise through our Best of 2017 Directory and you'll find fitness and yoga classes for every body, meditation classes and philosophy immersions for your mind, and spas and retreats for your soul. This is all-inclusive. If there's a place in your city that's inspiring people to get strong—both inside and out—you'll find it here.

NEW WEBSITE

We're super excited to announce the launch of our new website, too—a robust and engaging revamp that's been in the works for several months. Visit sweatequitymagazine.com to see our fresh online face.

You're going to love it!

Now's the time to get connected. We've got the know-how so we're giving you the tell-all to get you exactly where you need to go. Put in the work and you'll get there. Stay true to your vision, and we'll keep showing you ours.

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It takes a village to raise a child.
So they say.

PHOTO: DAVE LAUS

Time and again yoga proves itself to be one of the most influential and transformative mind-body practices of our time—arguably of all time. Nobody who steps onto a yoga mat is untouched by some healing effect, whether they know it or not. Individually, yoga postures build flexibility, breathing calms our nervous system, and meditation slows our racing mind. But collectively, yoga builds schools for kids in Africa and awakens us to issues in our own backyards. The locus of these events are the centres and studios that hold space for the healing to occur and the people who make it their mission to deliver the very best to their students. We praise each and every one of them in this issue's Stretch in the City. And to our cover model, Bee Bosnak, whose daily work is to help and heal. Bee has been a valued contributor to Sweat Equity and she is back again to give you a recovery sequence in our work out section.

Yoga breaks down barriers and challenges assumptions, dissolves stereotypes and breeds compassion; it encourages any person of any situation and circumstance to embark on the journey of self-discovery. It invites conversation around issues like mental health—you may be surprised to learn how many Canadians are struggling. You'll find sequences designed to impact your mood and nutritional tips to support you on the path, wherever it leads you.

This practice is one of infinite learning and growth. And the best teachers are dedicated to open-mindedness and evolution. Kinesiologist and Yoga Therapist Susi Hatley sets an example of this as she challenges some longstanding yoga myths in Sweat Science.

Amidst all of that 'work,' both within ourselves and the world at large, remains a thriving element of play. The Toronto Yoga Conference and Show is the country's most vibrant celebration of all things Yoga. Some of the most influential teachers and leaders of our time will be there. You'll find us there, too, with our ever-popular #strikeapose activation, with Kendell MacLeod, photographer extraordinaire, waiting to capture yogis, like YOU, in their best poses. You'll also find us at the Green Living Show for our 5th year hosting the yoga/fitness pavilion. Join talented local teachers and conscious consumers in a celebration of intentional living.

You can find out about ticket pricing, dates, and a slew of other community events inside these pages.

**This is OUR village. You are our tribe.
Hope to see you.**

Fred
Fred Antwi, Publisher

FEB/MAR Our team's 5 faves this issue!

1. *role model*

MATTHEW PASQUALE MOTIVATES CLIENTS TO REACH THEIR FITNESS GOALS AT APEX!



2. *product*



SIT PRETTY AND BREATHE EASY WITH THESE LOVE MY MAT MEDITATION CUSHIONS.

3. *stretch* P. 30



BEAT THE ODDS OF INJURY WITH THIS RECOVERY EQUATION: BREATHE, STRETCH, RELAX, REPEAT.

4. *favourite eats*

THIS TANTALIZING TAMARI DISH IS AIMED TO PLEASE. BE SURE TO MAKE ENOUGH FOR SECONDS (AND THIRDS!)



5. *inspired read*

YOGA FOR MENTAL HEALTH. FIND OUT THE BENEFITS.



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OM NEWS

YOGA BAN LIFTED IN RUSSIA OY!

Phew! We can all take a long, slow, deep ujjayi breath, because the city of Nizhnevartovsk in Russia has reversed its ban on yoga. In July 2015 government officials informed yoga schools throughout the city they would have to suspend their classes due to yoga's "occult" nature. *One safety officer even referred to the practice as "brainwashing" and not physical exercise.* Once the news hit, a huge backlash from Western media and among yoga devotees (currently over one million Russians do yoga, a tenfold increase from two decades ago) had city officials quickly retract the letter and lift the ban.



Recycled Mats are California Cool

If you're still not convinced of the connection between the environment and a love of yoga, look no further than California. Lifelong surfer and yogi, Brian Shields, is the founder of Suga, the collaborative blend of two worlds **(the 'SU' of surfing combined with the 'GA' of yoga, for SUGA)** and a much-needed solution to an escalating environmental problem. With ever-more people doing yoga (yay!) there's a greater demand for yoga mats (hmmm), which means a larger [bare] footprint and a negative impact on the environment (boo). Thanks to Mr. Shields, we have a funky environmentally friendly solution: old scuba suits recycled into yoga mats. Mats come with a 30-day guarantee, a "cradle-to-grave" service option, and a 10% discount off your next purchase in exchange for used suits and mats. Plus, Eoin Finn is an ambassador, which says it all. **sugamats.com**



What's in Your Om?

Heard any great yoga news? Had an OM-azing experience recently? Snapped an unforgettable **asana** while travelling? We want to hear about it! Write to us at **editor@sweatequitymagazine.com** and share your thoughts and stories. Then check Om News for the latest trends, research, and community love.

OM MEDIA

Think You're Fit? Let's find out...

Think FIT?

Tinké Fitness Sensor

This handy little device will tell you everything you want to know (and maybe a few details you don't!) with the press of your thumb. By "everything" we mean you can monitor heart rate, track respiratory rate, and even examine blood oxygen saturation. But what makes this tracker stand out from the rest is its unique ability to determine your level of stress, based on personal patterns of heart rate variability. Even the set-up is a breeze: download the app, plug in the Tinké, and press the sensor. Ta Da!

\$119.99 | zensorium.com



Break Free with SPREE! Fitness Tracking

SmartCap

Alright, so the look might be a little basic, but the functionality is anything but! This sweet, sleek, sweat-deflecting device tracks your heart rate, body motion, and body temperature to ensure you're working as hard as you need to be to get the results you want. Forget chest straps and run-of-the-mill Fitbits. The Spree SmartCap syncs up with your smartphone to provide insight into all of your bodily vitals—and it offers protection from the sun! Spree is fitness functionality at its best.

\$38.18 | Amazon.com



Yoga for Runners

Online Educational Series

The author of the popular bestseller *Yoga for Runners*, Christine Felstead, has just released an exciting new online educational series. Felstead is considered an expert in the 'yoga for running' niche and this new format is a welcome supplement to those who can't attend her classes. Lay the foundation for your practice while progressively building strength and flexibility in each of the six courses. Take your yoga practice and your running time to a new level by deepening your understanding of body mechanics and alignment. The videos can be purchased individually but are deemed most useful when watched in order, as a complete program.

\$15.95 per episode, or \$75.00 for the series | yogaforrunners.com 



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COMMUNITY SWEAT



Upcoming Events

PEACE OF MINDS YOGATHON

Sunday February 25, 2017

peaceofmindsyoga.ca

Yoga has the capacity to help build both physical and mental strength. Over 10 years ago, the Schizophrenia Society of Ontario became the first organization to recognize a link between yoga and mental health. Their mission is to raise funds and provide programs and services for people living with mental illness. Whether you're looking for a great workout, need to bring some peace and balance into a hectic day, or simply want to give back to your community, the Peace of Minds Yogathon has something for YOU.

WHERE:

Oakville Venue: St. Luke's Community Centre, 3114 Dundas St. W., Oakville.

Toronto Venue: Jai Yoga and Ayurveda, 688 Richmond St. W., Suite 103, Toronto.

WHEN:

Saturday February 25, 2017
Toronto & Oakville.

9:00am – 4:00pm at both locations

REGISTRATION:

\$30.00 to register.
Fundraising is encouraged.

GREEN LIVING SHOW

April 7-9, 2017

Metro Toronto Convention Centre.

greenlivingshow.ca

Canada's largest healthy living show, dedicated to simple solutions for leading a healthy and sustainable lifestyle, returns to the Metro Toronto Convention Centre. Now in its 11th year, the Green Living Show will be the biggest and best yet!



Experience interactive exhibits and workshops, listen to inspiring speakers, taste the best in local food and wine and discover more than 1,000 eco-friendly and sustainable products. Explore the latest innovations in green living, helping to create a healthier you and a healthier planet. AND stop by the Sweat Equity Yoga/Fitness Pavilion. We'll have mats and incredible teachers waiting to lead you through a variety of classes. We'll move you! For more information visit: greenlivingshow.ca

WHERE:

Metro Toronto Convention Centre, North Building
255 Front Street West,
Toronto, Ontario, M5W 2W6

WHEN:

Friday, April 7, 12 – 9pm
Saturday, April 8, 10am – 8pm
Sunday, April 9, 10am – 6pm

COST:

Adult: \$12.00 online, \$15.00 onsite

Seniors/Students: \$10.00

Children under 12 FREE (must be accompanied by an adult)

School Group: \$8.00pp
(10+ persons)

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TORONTO YOGA CONFERENCE AND SHOW

March 30 – April 2, 2017
theyogaconference.com

The World's Largest Yoga Show happening in ONE location over ONE weekend. Four Days to Learn, Explore, Practice, and Evolve at this urban yoga retreat! Choose from over 300 workshops, 80 master teachers, 300 exhibitors, and more. This 10-year anniversary event will host world-renowned Yoga Teachers and Influencers like Seane Corn, Rodney and Colleen Yee, Tiffany Cruikshank, Rod Stryker, Desiree Rumbaugh, Jill Miller, and many more.

WHERE:

Metro Toronto Convention Centre
 North Building
 255 Front Street West, Toronto
 Ontario M5V 2W6

WHEN:

Conference March 30 – April 2, 2016

SHOW HOURS:

Friday March 31, 10am – 8pm
Saturday April 1, 10am – 8pm
Sunday April 2, 10am – 6pm

COST:

Show floor admission \$15

INCLUDES:

Ongoing yoga classes in the open garden area
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NEW LEAF YOGA

Still We Rise Gala Event
Wednesday April 26, 2017
newleafyoga.org

LOCATION:

The Glass Factory at 99 Sudbury St.,
 Toronto, ON M6J 3S7

Time: 7:30pm

New Leaf Yoga Foundation offers yoga-based life skills programs to young people who have experienced trauma, marginalization, or incarceration. The 2017 gala event is a special celebration because it marks New Leaf's 10th anniversary. Still We Rise will highlight the resiliency in youth overcoming barriers and showcase the impact the organization has had over the past decade. A special guest host will go back through the first decade of the charity's work and look forward to the next. Youth will be involved in various aspects, from artwork to catering. The night is sure to inspire!

COST: Tickets go on sale February 1st. Please check the website for early bird pricing before February 14! **SE**

SUSI HATELY



SUSI HATELY is a REGISTERED KINESIOLOGIST, YOGI, TEACHER, SPEAKER, AUTHOR, international presenter and trailblazer in the field of Yoga Therapy. She is also the founder of Functional Synergy, located in Calgary, Alberta.

1 YOU'RE THE FIRST ADDITION IN A CRAYON BOX. WHAT COLOUR WOULD YOU BE AND WHY?
Blue! Many shades of blue. Sky, water, it shimmers, and shines. Blue is beautiful.

2 *You, A Desert Island, and Three Things. What will these be?*
That's easy: my husband, Stew, and my soon-to-be-born twins.

3 YOU HAD A LONG AND PARTICULARLY CHALLENGING DAY AT WORK (STUDIO OR OFFICE). YOU ARRIVE HOME TO FIND A WINNING LOTTO TICKET FOR \$1 MILLION. WHAT DO YOU DO?

FIRST: Either yell a "woo hoo!", or sit down and pause. Either response is likely.

SECOND: Tell a few key people in my life to pack a small bag of necessities and drive to the airport. Grab the babies, Stew, and head on out.

THIRD: Look at the big screen and pick a destination.

FOURTH: At some point, ponder the next big thing.

4 IF YOU KNEW THEN WHAT YOU KNOW NOW, YOU WOULD (FILL IN THE BLANK).
I would not do anything differently. The oops, owies, struggles, booboos, mistakes, and oversights--as uncomfortable as a few of them have been--all of them have contributed to who I am and the life, friends, relationships, and business that I have.

5 *Favourite guilty pleasure?*
This may sound crazy, but I like pleasure for the sake of pleasure. None of it is guilty.

6 IF YOU COULD BE AN ANIMAL, WHAT ANIMAL WOULD YOU BE AND WHY?
A horse. They are beautiful, elegant, strong. And they just "know."

7 IN ONE WORD EACH, HOW WOULD YOUR FRIENDS DESCRIBE YOU? CLIENTS? PARENTS? SPOUSE?

Stew (spouse) describes me as heaven-sent. Clients and colleagues describe me as shockingly incisive and illuminating. Friends describe me as kind and gracious with a really great laugh. My dad describes me (as would my late mom) as motivated, driven, passionate.

8 *Someone is starring YOU in a movie about your life. Which actor would you choose for the role and why?*

So, I had to go to some friends to answer this. Here are their responses: Two said Jodi Foster because she is cute, fierce, strong, incredibly intelligent, and she cares. Another answer was "DEFINITELY Ellen." She is pixie-like, beautiful, and a trailblazer. She also doesn't take herself too seriously." I'll take both.

9 *What's your least favourite yoga pose?*

I used to really detest Downward Facing Dog, for more reasons than I can list here. I made the "mistake" of admitting that to a friend who, at the time, was also a studio owner whose studio I frequented often. She told all the teachers, and when they saw me in their non-flow classes, they would announce, "Ah, Susi is here. We are doing many downward dogs. I had to laugh (well, not right away), but eventually I did.. That got me over the "least favourite/most favourite" categorization. **se**

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Breathe In

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NATURAL SUPPLEMENTS

Build Your Immunity



Pain

and the Practice of Yoga *Debunking The Top Five Myths*

BY SUSI HATELY, BSC KINESIOLOGY, C-IAYT YOGA THERAPIST


PAIN. It is such a loaded word, for so many reasons. It is something that isn't seen and can only be felt. Highly subjective, one's experience of pain is just that, one's experience. What I may feel is painful could be a passing aggravation for someone else, and vice versa. This makes it a little tricky, complicated, and perhaps complex.

And that's just the start. Weave in the philosophy of yoga, and it becomes downright astonishing. Having taught in a pain clinic in the mid-'90s, teaching at the Toronto Yoga Conference since 2006, and having run both anatomy and yoga therapy trainings since 2001, it still amazes me how pain is considered to be "part of the practice" and in some cases even revered. I have read blog posts about how yoga practitioners who have pain are the most fortunate among us, how at the edge of pain sits transformation, waiting and beckoning those who are willing.

There is another approach—a way of thinking that can be transformational in and of itself, and the bonus is that your

physical practice will grow by leaps and bounds and your meditation and *pranayama* practices will deepen at a rate and pace that will surprise you. It is all based on the notion that *asana*, loosely translated, means, "sitting comfortably and still." In that translation, ease is present, not pain. This enables stability and strength to arise, rather than tension and angst. The mind, no longer needing to find distraction, can simply be.

So, no, pain does not have to be part of the practice of yoga. There is another way.



"It makes sense that it could be hard to imagine another way."

Let's debunk the top 5 myths surrounding pain and the practice of yoga.

MYTH

1

PAIN IS A NECESSARY PART OF THE PRACTICE.

TRUTH 1: The physical aspect of yoga consists of movements, breathing, and stillness. The movements are essentially exercises and, like all exercise, when principles of anatomy, biomechanics, kinesiology, and physiology are honoured, injury and over-training can be avoided. Another way to think of this is that pain is a physiological process designed to get your attention. If it is ignored, it will persist.

THE LONGER IT PERSISTS, THE MORE NORMAL IT FEELS. THE MORE NORMAL IT FEELS, THE LESS ABLE YOU ARE TO RECOGNIZE THAT THERE IS ANOTHER "NORMAL"—ONE THAT CONSISTS OF LESS PAIN AND MORE EASE. If you have had pain for some time, it makes sense that it would be hard to imagine another way.

MYTH

3

PAIN IS A RESULT OF A PROBLEM IN ONE MUSCLE GROUP.

TRUTH 3: Several factors create the scenario for pain to arise, and to disappear. I will often hear practitioners complain about their psoas, quadratus lumborum, or piriformis. Those muscles may be expressing spasm, shortness, and pain, but they aren't the cause of that pain.

LOOKING MORE CLOSELY, WE CAN SEE HOW LIMITATIONS IN HIP FUNCTION, BRACING IN THE RIB CAGE, OR POOR SHOULDER MECHANICS CAN CONTRIBUTE TO ISSUES IN THE PSOAS, QUADRATUS LUMBORUM, OR PIRIFORMIS.



Several factors create the scenario for pain to arise.

MYTH

2

PAIN IS ALL IN THE MIND.

TRUTH 2: Pain can arise for a number of reasons and is a larger topic than just this article. There are many physical reasons, like poor movement patterns, which can lead to poor integrity, and inefficient load bearing, which can result in poor absorption, dissipation, and transfer of forces that are meant to move smoothly throughout the body. Over time, this can disrupt nervous system communication, which further impacts and influences pain. BY RECOGNIZING AND UNDERSTANDING MOVEMENT MECHANICS, A PRACTITIONER CAN GROW THE ABILITY TO BETTER MANAGE THE LOAD AND FORCES AND REDUCE OR ERADICATE PAIN.



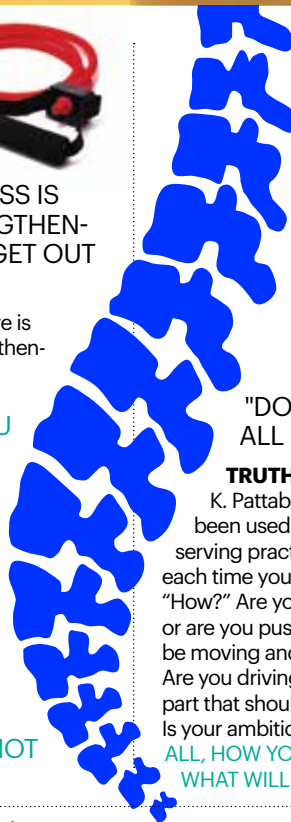
MYTH

4

PAIN MEANS WEAKNESS IS PRESENT, AND STRENGTHENING IS REQUIRED TO GET OUT OF PAIN.

TRUTH 3: It may be that there is weakness, but simply strengthening won't get you out of pain per se.

FOR EXAMPLE, IF YOU STRENGTHEN WITHOUT RESOLVING THE UNDERLYING MOVEMENT ISSUES, THEN YOU AREN'T ADDRESSING THE ACTUAL PROBLEM, AND YOU WILL LIKELY END UP EXPERIENCING CYCLICAL PATTERNS OF PAIN AND NOT REAL RESOLUTION.



Pain is a physiological process designed to get your attention. If it is ignored, it will persist.

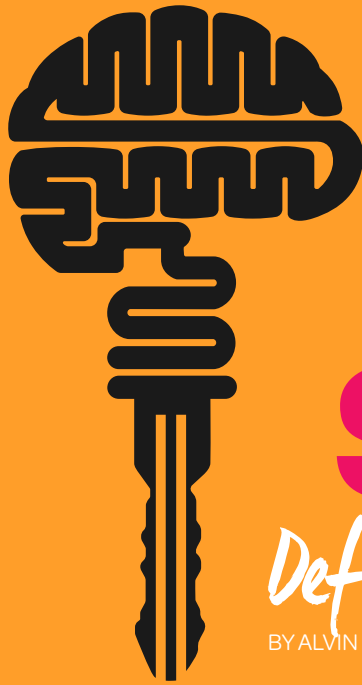
MYTH

5

"DO YOUR PRACTICE AND ALL IS COMING."

TRUTH 5: With no disrespect to Sri K. Pattabhi Jois, this quotation has been used in ways that aren't necessarily serving practitioners. Practice, yes. And each time you step on your mat, ask yourself, "How?" Are you practicing with awareness, or are you pushing past where you ought to be moving and into tension or held breath? Are you driving the movement with a body part that should not be the primary driver? Is your ambition overriding patience? **ALL IN ALL, HOW YOU PRACTICE WILL DETERMINE WHAT WILL COME.**

If you are seeking a yoga practice that gives you stability, suppleness, and strength, there is another way. Pain may be a normal physiological process, but it doesn't have to be a normal part of your life. *se*



Harvard's Key to Success

Define Your Goals

BY ALVIN BROWN

ARE YOU ONE OF THOSE PEOPLE WHO BELIEVE IN SETTING GOALS FOR THEMSELVES? Or are you a strong opponent of the goal-setting movement? Although the value of goal setting has been established, there are still two groups of people who can lean either way.

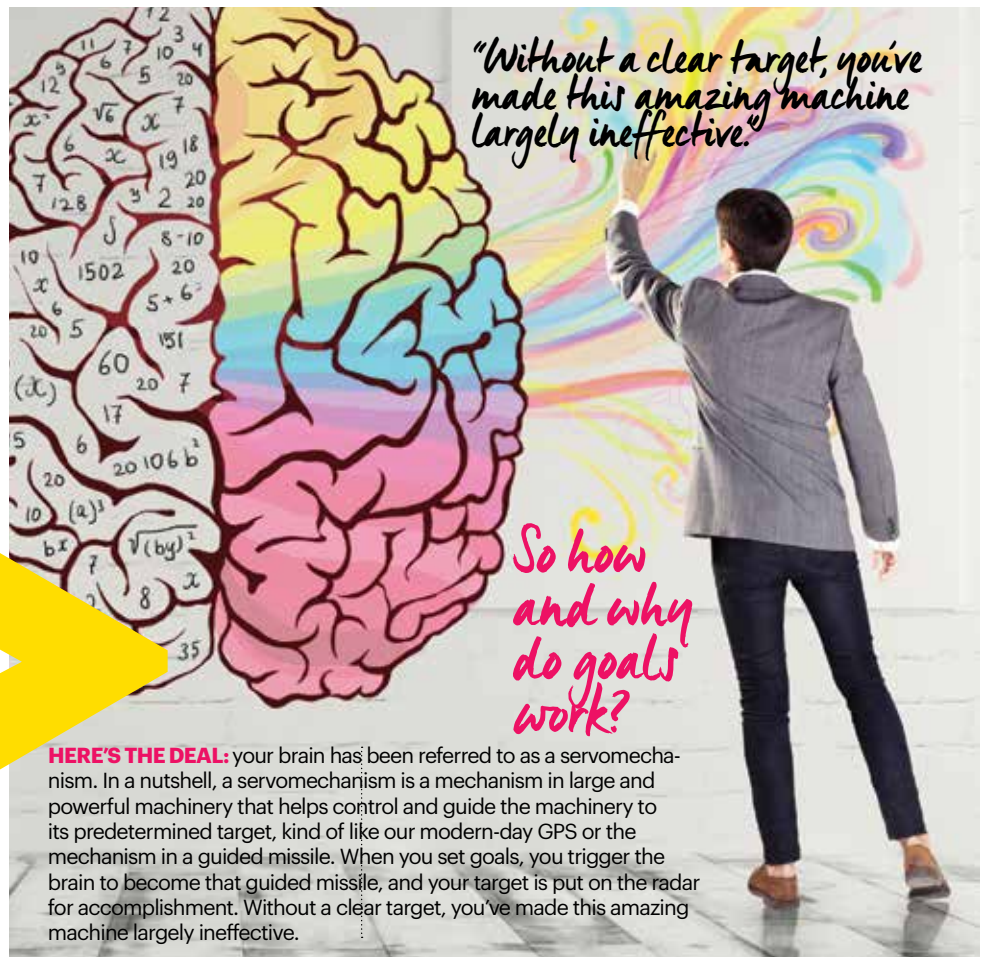
Most research shows that having measurable goals sets you up for success. In this article, I lay down some reasons why it is in your best interest to become a person who sets (and thereby achieves!) goals. The benefits of giving your brain some direction are tremendous and will serve you in many positive ways.

The Harvard Study

HAVE YOU READ THE ARTICLE ABOUT THE THREE PERCENT OF HARVARD GRADUATES WHO BLEW AWAY THEIR PEERS IN THE AREA OF INCOME EARNED?

In 1979, a group of researchers asked Harvard grads about setting goals and found that 84 percent did not set goals for themselves; 13 percent had goals, but they were vague and non-specific; and three percent had clearly defined goals.

When they interviewed this same group a decade later, the outcome was astounding! The same distribution experienced some amazing results: the group who had some sort of goal earned approximately twice as much as their classmates who had no goals at all. **BUT THE GAME-CHANGER WAS THE THREE PERCENT WHO HAD WRITTEN THEIR GOALS DOWN. THEY MADE A WHOPPING TEN TIMES MORE THAN 97 PERCENT OF THEIR PEERS!**



HERE'S THE DEAL: your brain has been referred to as a servomechanism. In a nutshell, a servomechanism is a mechanism in large and powerful machinery that helps control and guide the machinery to its predetermined target, kind of like our modern-day GPS or the mechanism in a guided missile. When you set goals, you trigger the brain to become that guided missile, and your target is put on the radar for accomplishment. Without a clear target, you've made this amazing machine largely ineffective.

THE UNTAPPED BRAIN

YOUR BRAIN IS A GOLDMINE OF UNTAPPED POTENTIAL.

We can achieve most, if not all, of our dreams and desires if we only take the time to direct our mind towards the outcome we want. The biggest issue is taking this time. I ENCOURAGE AND COACH YOU TO STEP AWAY FROM THE AVERAGE AND BECOME THE THREE PERCENT. **JE**

ALVIN BROWN Integrated Peak Performance Advisor and Consultant
CEO & Founder: The Centre for Healing & Peak Performance
Speaker and Author: Journey to Personal Greatness: mind, body, and soul
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MAY I HAVE YOUR ATTENTION, PLEASE!

7 Good Reasons to Focus



HERE ARE 7 REASON WHY EVERYONE NEEDS TO TURN INWARDS:

BY MARK LAHAM

FOR AS LONG AS I'VE BEEN COACHING PEOPLE, MUCH OF MY ADVICE HAS CENTRED ON A MAJOR THEME: FOCUS. The capacity to focus is an essential part of overall health and wellness. I've always said that if you don't spend a little time every day, taking your attention away from the external world and focusing that energy inward, then I question your overall happiness. And if your happiness is in question, then so is your health. You cannot be healthy if you are not happy.

Everyone needs a regular practice of drawing their attention inwards. This doesn't have to be a formal practice with spiritual or religious undertones. You can call it meditation or anything else, just as long as you take some time every day, if not several times a day, to check in.



1. TO OFFSET DISTRACTIONS.

Most of our days are spent bouncing our attention from one thing to the next. These days, the level of distraction is even greater, as we have our smartphones attached to us wherever we go. Sometimes balance means doing just a little bit of the opposite of what we're used to.

2. TO RECHARGE YOUR BATTERIES.

The 'busier' you are the more your energy stores are being drained. Meditative practices can take you out of 'fight or flight' mode and into 'rest and relaxation' mode, allowing you to recharge your batteries and keep going. Think of how often you have to plug your smartphone in for a charge. Draw your focus inwards so that

you don't have to borrow artificial energy from sugar, caffeine, or energy drinks.

3. TO DEVELOP PERSONAL INTIMACY.

Intimacy means really knowing what's going on inside of you. Many people who come to me for coaching don't know how they feel, what they want from life, or even what they want from our coaching sessions. We've been taught from a young age to ignore how we feel and listen to the opinions of others. Rarely do we shut off the chatter that was put there by someone else and establish what we want.

4. TO DEVELOP INTIMACY WITH OTHERS.

To be intimate with another, you must first unconditionally accept who you are. You cannot

be present to someone if your stuff is getting in the way. Being intimate with someone else means being open, raw, and authentic with that person, allowing them to be who they are without judgement or criticism. Going inwards regularly is a huge part of being okay with who you are, inside and out.

5. TO BE OKAY WITH STILLNESS.

At some point every day, like it or not, each of us experiences moments of silence. Maybe it's sitting in traffic or lying in bed, trying to fall asleep. But if you never spend time in silence, that anxious, sad, or scary feeling inside can start to creep up on you. Routinely taking the time to focus inwards can turn those scary moments into a welcomed break.

6. TO INCREASE YOUR INTUITION.

Listening to your intuition is crucial in navigating this complex world of endless choices. Turning your attention inwards improves our intuition, which means we can make decisions from a better place.

7. TO REMEMBER YOUR TRUE NATURE.

Turning inwards enables us to stay true to our unique essence or purpose. Each one of us is amazing and loveable without having to accomplish anything at all, and going inwards reminds us of this. Society praises us for our accomplishments but rarely just for being, which creates a false belief that you are only loved or worthy when you are doing something great! Going inwards reminds us of the truth.

I challenge you to take five minutes each day of distraction-free time. After three weeks, you'll notice the benefits. Take it a step further and extend the challenge to three months. The benefits will multiply! Do you accept the challenge? f!

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Need a Boost?

Ways to Elevate Your Mood, Naturally

BY GRACE VAN BERKUM, RHN

1. Eat fresh.

Eating fresh foods filled with vitamins, minerals, antioxidants, phytonutrients, and enzymes will help balance your hormones, elevate your mood, and minimize your exposure to the chemicals found in processed foods.

TOXINS IN PROCESSED FOODS CREATE NUTRITIONAL STRESS ON THE INTERNAL ORGANS, DISRUPT HORMONAL BALANCE, AND NEGATIVELY INFLUENCE YOUR MOOD.

2. Eat good fats.

Good fats contribute to healthy brain function, including how you respond to life and even stress! **Eating good fats reduces inflammation in the body, which contributes to a more stable mood.**

AVOCADOS ARE A HEALTHY SOURCE OF GOOD FATS!

4. Spend time with little kids and animals.

Playing with kids and animals is sure to elevate your mood. **Enjoy their unconditional, non-judgemental love and their knack for helping us enjoy the gifts of the present moment.** Play, be silly, laugh.

3. Spend time in nature.

Being in nature, breathing in the fresh air, feeling the sunlight on your face, and admiring the beauty around you calms the nervous system. **Nature makes us healthier, happier, smarter, and calmer.** Science is now starting to prove this. And the great news is that it's free!

Play, be silly, laugh.

5. Enjoy who you hang out with.

Nothing will elevate your mood more than the company of a good friend. **Your time is precious.** Choose your company wisely and spend time with people who uplift your mood, instead of bringing you down.



6. Express gratitude as often as possible.

Expressing gratitude for all the amazing things and people in your life keeps you focused on positivity. **Be grateful for the little things, too, the daily experiences we can overlook because we're so busy.** And if you're courageous enough, express gratitude for the challenging times because they teach strength and evolution. Being in a state of gratitude as much as possible keeps your vibrations (and your moods) high.

7. Smile.

Our facial expressions not only communicate our current mood but can also influence future moods. **Emotions originate in the brain, but the muscles in the face can reinforce or transform those emotions.** Recent studies have revealed that facial expressions can enhance positive feelings or suppress negative ones and that a person's mood will begin to align more strongly with the emotion being communicated on their face. **According to the Huffington Post, researchers say that even the act of "fake smiling" can enhance your mood.** So, fake it till you make it. Or simply smile and laugh as much as possible all day long!

8. Hydrate.

If you are dehydrated, your energy levels will suffer. Drink water and eat a water-rich diet (**that means eat your veggies!**) to keep your moods up. **It**



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STRENGTH ISN'T JUST SOMETHING YOU DEVELOP AT THE GYM.

It is an aspect of health that's built from the inside out. If you're dragging your butt to the gym or coughing your way through Savasana, you won't reap the full rewards of your workout. Especially at this time of year, building a healthy immune system is key to staying strong. You probably already know (and sometimes just "forget") how to keep your immune system functioning at its best. First, get adequate rest. Research shows that 6 to 8 hours a night is ideal. Second, eat plenty of fruits and vegetables—they're packed with the antioxidants you need to fight off pesky colds. Third, drink plenty of water. Water not only keeps you hydrated and energized but also helps flush out toxins. And finally, reduce stress. Stress weakens the immune system, and although you can't always change your circumstances, you can change how you respond to them. Breathe deeply if anxiety sets in or consider starting a meditation practice. A healthy immune system will help you respond more wisely under the most stressful of situations.

Maybe you've embarked on a path of minimalism, and even these Top 5 create clutter in your brain. That's okay. You can cover all your bases with a single multivitamin.

TIP: Vitamin A is also known to contribute to the normal function of the immune system which makes this Twisted Leaves green tea a heavy hitter!

THESE TOP 5 SUPPLEMENTS WILL SUPPORT YOUR IMMUNE-BOOSTING EFFORTS!

VITAMIN C

Our body uses vitamin C to boost your immune system and thereby reduces the frequency and duration of common colds.

PROBIOTICS

Not all bacteria are bad! Probiotics are friendly bacteria that enhance our immune system, specifically aiding to reduce colds and intestinal infections.

OMEGA-3 FATTY ACIDS

Remember cod liver oil (blech!)? This omega-3 protects your lungs from colds, flus, and other respiratory tract infections by increasing the activity of your white blood cells, which kill harmful bacteria. Luckily, cod liver oil isn't the only supplement on the market!

GINSENG

The roots, stems, and leaves of ginseng have traditionally been used to enhance resistance to illness and infection. Its antioxidant properties also help prevent inflammation.

GREEN TEA EXTRACT

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* Compared to 95% extract

Work Out

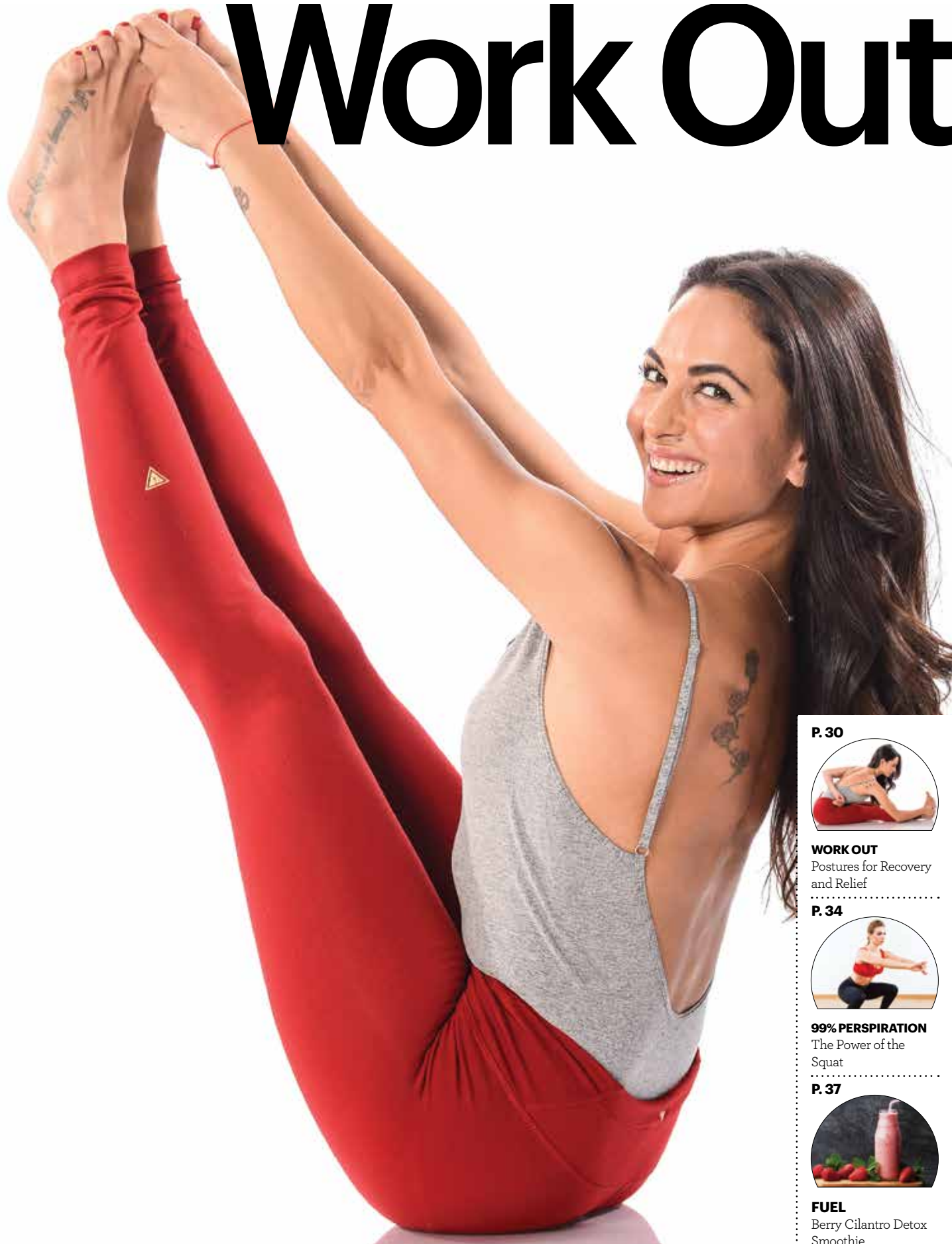


PHOTO: RAY TAMARRA MODEL: BEE BOSNAK

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WORK OUT

Postures for Recovery and Relief

P. 34



99% PERSPIRATION

The Power of the Squat

P. 37



FUEL

Berry Cilantro Detox Smoothie

AT EASE!

BY BEE BOSNAK
PHOTOGRAPHY
BY RAY TAMARRA

A Post-Workout Stretch for Recovery and Relief

We all know the importance of stretching pre-game, but what about post-workout? Stretching after a workout is often overlooked and is key to reducing muscle tension. Strenuous exercise can be draining on the body and leave you feeling fatigued. Yoga poses post-workout can actually shift that experience and make you feel rested, calm, and relaxed. With the proper breathing and correct alignment, you can reap the benefits of your muscle repair and recovery.

Being consistent with a short yoga sequence after working out will improve circulation, prevent pain, increase range of motion, boost energy levels, increase muscular coordination, and help reduce cramping. Your mind has a chance to observe how your body is feeling and this mind-body connection plays an important role in relaxation and stress relief.

The following sequence is a post-athletic tune-up that opens the body, especially the upper and lower back, as well as the shoulders, hamstrings, and spine. It increases flexibility, which will enhance performance and prevent injury. You will feel a sense of expansion and ease.

1. Forward Fold in Half-Lotus:

Extend your right leg forward and take the blade of your left foot into the right hip crease. Left arm reaches back into a bind and grabs the foot in the hip; your right arm extends forward to grab the foot in front. With each inhale create expansion and length in your spine, and with each exhale lead from the heart and find more surrender in the pose.

Hold here for 5 breaths and switch sides.

To modify take the left ankle on the right knee, like a figure 4 position, and reach both arms toward the extended leg.

AVOID PUSHING OR FORCING THE POSE. BREATHE INTO THE POSE TO HELP DEEPEN THE STRETCH.



2. Low Lunge:

From hands and knees, step your right leg forward between your hands. Keep your front ankle below the knee joint and reach your arms up to the sky. Find a stretch in the back front thigh, the psoas muscle. Reach your arms up, palms facing each other. **If you'd like to go deeper, take hands to the ground or on a yoga block for more support.** Hug the inner thighs and keep your pelvis level to avoid irritating the joints and sacrum. **Hold here for 5 breaths and switch sides.**

With the proper breathing and correct alignment, you can reap the benefits for muscle repair and recovery.



3. Seated Twist:

Start sitting on the ground with knees bent. Take your left foot to the outside of your right hip as your left kneecap faces forward. Reach your right hand back and with your left hand, grab the outer edge of your right foot and extend it forward. Breathe in as you elongate up through the spinal column, and breathe out as you rotate your thoracic spine to the right. Let the rotation begin from your upper back and softly take your gaze back as you stretch the left side of your neck. **Hold for 5 breaths and repeat on the other side.**



4. Upward Facing Dog:

Lie on the ground, face down. Take your hands under your shoulders and press the earth away as you straighten your arms. Keep your toenails anchored on the floor and engage your thighs and quads. Keep your neck long, chin level with the ground, and gaze forward. Roll the shoulders back and down away from the ears. **Hold here for 5 breaths.**

THIS POSE WILL HELP YOU CREATE FLEXIBILITY IN YOUR SPINE AND OPEN THE ENTIRE FRONT CHEST, WHICH OFTEN IS CLOSED AND CONGESTED DUE TO BEING ON PHONES AND COMPUTERS ALL DAY.



Workout

5. Wild Thing:

Start in side plank with your left hand as your base and right arm reaching to the sky. Lift your right leg up and gently take the toes back behind you. Press deeply into your left foot as you lift the hips. Allow the right arm to reach back and lift your right hip as high as you can. **Hold for 5 breaths and repeat on the other side.**



Being consistent with a short yoga sequence post-workout will improve circulation, prevent pain, increase range of motion, boost energy levels, and help reduce cramping.

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Before you get up and go, take 5 minutes in Savasana and try using eye pillows. These eye pillows are filled with organic flax seeds for gentle pressure to block out light and relieve tension around the eyes. The subtle aromatherapy of dried lavender buds and organic lavender oil helps deepen relaxation.

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Use these foam rollers to relieve muscular pain and tightness (often called "adhesions", "knots", or "trigger points"). Conventional foam rollers have smooth surfaces that further compress soft tissue. Rolling on top of them improves blood flow and tissue flexibility, but the effect is limited and relatively superficial, unless you spend a lot of time rolling. The RumbleRoller was created to perform this therapy more effectively.

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For an even deeper relaxation after your workout, try meditation. Release your hips and low back to easily sit for meditation. Sitting Pretty Pillows are amazingly useful to help tight-hipped folks sit cross-legged comfortably.

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WANT NOT Squat Not

*Let's Give 'em Something
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NOTHING GIVES AWAY A ROCK SOLID PHYSIQUE LIKE A TONED TUSH.

The glutes (most commonly known as your butt muscles) are composed of three distinct muscle groups: the gluteus maximus, medius, and minimus, and they play a much larger role in your overall health than just providing a cushion for your seat. Weak glutes are a major contributor to hip dysfunction, which can lead to a whole host of problems, not the least of which is lower back pain. Thankfully, there is one simple and effective solution: squats.

Learn why the basic squat is your go-to exercise to boost health, improve functionality, blast fat, and sculpt muscle FAST.

If the basic squat isn't already on your repertoire, now is the time to include it.

HERE'S WHY:

1. Squats recruit the largest muscle in the human body—the gluteus maximus. Contracting the glutes demands huge caloric expenditure.
2. They target problem areas for women.
3. They build strong, muscular legs, which are key to a balanced physique.
4. You don't need any equipment, only your body weight, which means ample opportunities to sit low! (See air squats.)

AIR SQUATS

Air squats are an excuse-resistant and super-convenient exercise. No equipment is needed for air squats and they can be done anywhere. Challenge yourself to do 20, 50, or even 100 every single day!

1. Stand with your feet just wider than hip width apart, toes turned out slightly.
2. As you bend your knees into the squat position, raise your arms in front of you for balance.
3. Lower down until your thighs are parallel to the floor.



THESE 3 SQUAT VARIATIONS PROMISE TO ROCK YOUR GLUTES, SCULPT YOUR LEGS, AND DELIVER A WICKED CALORIC BLAST.

Take the weight out of the equation to lighten the load, or add some in to challenge yourself. Just increase (or decrease) the number of reps accordingly and focus on good form!





PLIÉ SQUATS

This squat variation specifically recruits the inner and outer thigh muscles.

1. Stand with your feet wider than hip-width distance apart.
2. Angle your feet out about 30 degrees and hold a dumbbell (or kettlebell) with both hands in front of you. Squat down as low as you can, allowing the weight to dip down towards the floor, between your legs.
3. Dig down through the heels as you come back up. Try not to let your knees wander inwards.

DUMBBELL SQUATS

If you're short on time and you've mastered the alignment of air squats, add some weight to the mix.

1. Take the same stance as in your bodyweight (air) squats, this time holding a 5-, 10-, or 12-pound dumbbell in each hand.
2. To balance out the additional weight, start with lower reps, increasing the amount of weight (or number of reps, or both!) as you feel ready.



Yoga Finish

Now that you've worked your glutes to the max, it's time to stretch them out! Finish your routine with a nice supine yoga pose. This reclined variation of Pigeon Pose brings a delicious stretch to all of the muscles surrounding the hips, leaving you feeling loose and light for the rest of the day.

1. Lie on your back and cross your left ankle over your right thigh. Interlace your hands behind your right thigh or across the shin.
2. Flex the left toes slightly towards your knee, to maintain the integrity of your knee joint.
3. Draw the right thigh in towards you, while gently pressing your knee away.
4. Breathe deeply into this stretch, holding for about 30 seconds, before easing off and repeating.

Do the same on the other side.

*If you're really tight in the tush, keep your supporting foot (here, the right one) on the floor.

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Detox-Licious!

Detox Berry Cilantro Smoothie

BY GRACE VAN BERKUM

It may sound weird to add cilantro to your smoothie, but this combo of berries, hibiscus, cilantro, lime, and banana tastes super delicious and is super energizing, too. Cilantro is an herb with oxygenating properties and is known for aiding heavy metal detox. Hibiscus tea is high in antioxidants and adds a nice berry tone to the smoothie. The lime adds vitamin C power and a citrus boost that brings all the flavours together.

WHAT YOU NEED

- 1 serving** plant-based vanilla protein
- ½ cup** raspberries or strawberries
- 1** frozen banana
- 1 and ½** cups cold hibiscus tea or water
- ½ to 1** cup cilantro, loose, not packed (or according to taste)
- 1** peeled lime
- Handful of ice

Optional: Add ½ teaspoon of bee pollen for a high-protein immune booster.

Blend until smooth and creamy and enjoy as a detox smoothie meal or snack! *st*

Cilantro is a good source of potassium, which helps regulate heart rate and blood pressure.



OPTIONAL

Use cooled Rooibos tea instead of hibiscus tea or water. Rooibos tea is caffeine-free, hydrating, and high in minerals.

Try ½ cup cranberries or ½ cup blueberries for some different high-antioxidant flavours.

If you are one of those peeps who doesn't dig cilantro, try adding another herb, like fresh basil, mint, or rosemary.

Grace Van Berkum, RHN, is a plant-powered detox nutritionist, tropical yoga teacher, and founder of Gracious Living Lifestyle Retreats in Nicaragua and around the world. gracevanberkum.com



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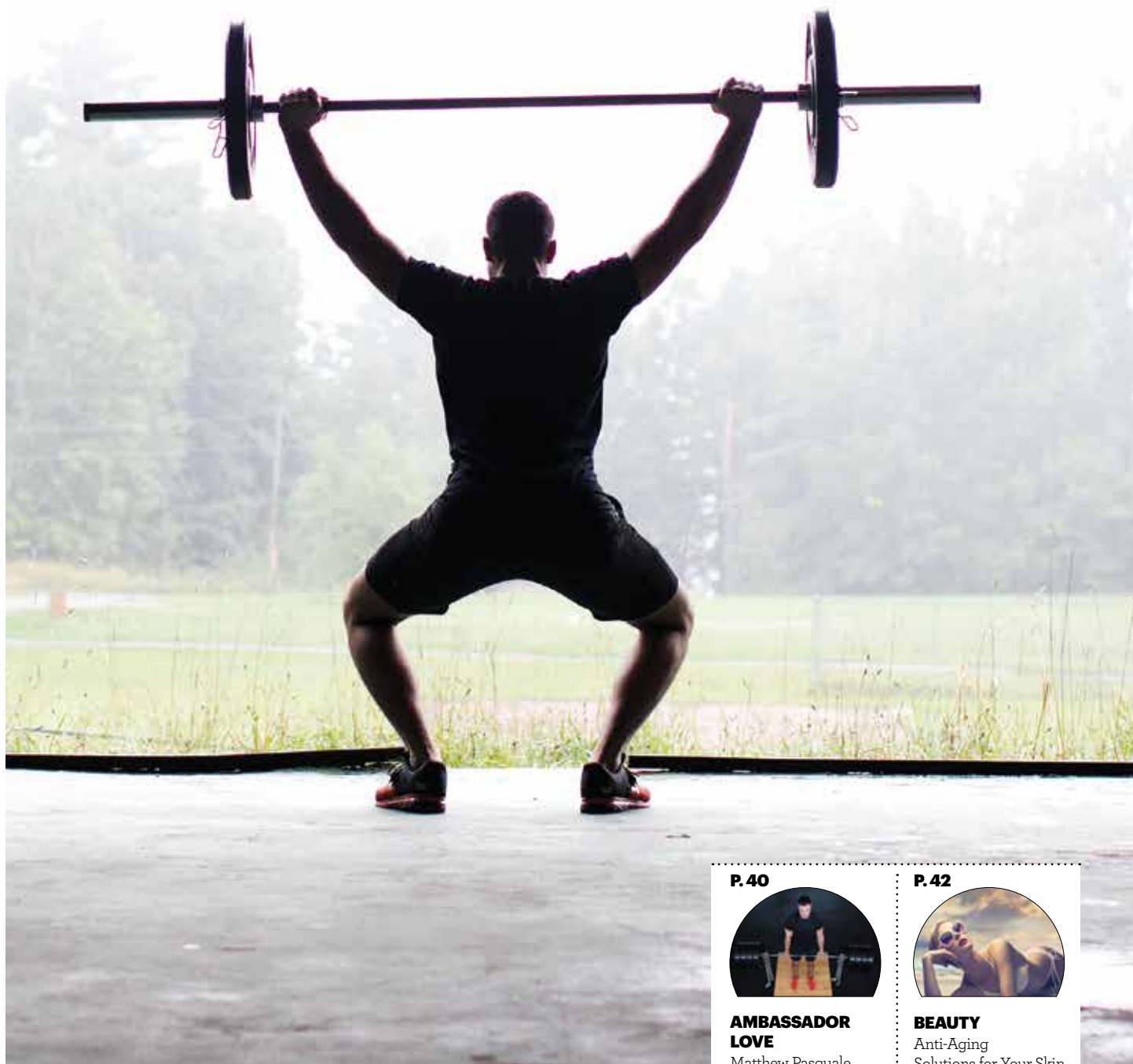


PHOTO: COURTESY OF LULULEMON ATHLETE; MATTHEW PASQUALE LOCATION: APEX TRAINING CENTRE

P. 40



**AMBASSADOR
LOVE**

Matthew Pasquale

P. 42



BEAUTY

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CONNECTING TO COMMUNITY IS AN INTEGRAL PART OF THE *SWEAT EQUITY* MANDATE. LULULEMON BUILDS COMMUNITY THROUGH THEIR AMBASSADOR PROGRAM. EACH SEASON WE PICK A LULULEMON AMBASSADOR TO PROFILE—SOMEONE WHO SHARES THIS PASSION AND HAS SOME GREAT FASHION SENSE!

Matthew Pasquale A(pex)-Plus for Integrity

OUR AMBASSADOR THIS ISSUE IS AT THE TOP OF HIS GAME, BUT THE VIEW FROM THE TOP ISN'T A NEW ONE FOR MATTHEW PASQUALE. He has a black belt in Brazilian Jiu Jitsu, a martial art and combat sport that emphasizes grappling and ground fighting. It's a sport that he claimed a bronze medal in at the 2011 World Championships, silver at the 2013 Pan Jiu Jitsu Championships, and bronze again at the Pan Jiu Jitsu Championship in 2014. Those are just three of his many notable finishes from competitions around Canada and the U.S.

Pasquale opened Apex Training Centre in September 2015—a gym he co-owns with his brother. These days, though, most of his grappling is in the business world, where he wrestles with the day-to-day affairs of being a gym owner and entrepreneur. "Even though my focus has switched to the gym," he says, "I still try to train a couple times a week . . . just to stay in shape and make sure I can roll with the guys at the gym." Given all that he's accomplished at just 28 years of age, we're pretty sure that 'keeping up' won't be a problem.

Pasquale attributes

PHOTOS: COURTESY OF LULULEMON

his personal success to his willingness to commit and acknowledges that being an ambassador has played a big part in Apex's success. He says, "It helped me grow the gym and increase awareness in the fitness community . . . There are a lot of great gyms in Toronto, which can make it tough just starting out."

The city's burgeoning passion for health and wellness has seen fitness clubs and centres popping up on every corner, which can be a challenge for new guys on the block. We asked Pasquale why people should head straight to the front doors of Apex to achieve (and exceed!) their fitness goals.

"I aim to help people get stronger and reach their goals with proper programming," Pasquale responds. *"We go the extra mile for our members. The more people give us, the more we give them."*

This reciprocity of spirit came up often in our chat with Pasquale, regarding his commitment to the Apex team, his private clients, and the Lululemon community at large. About being an ambassador, he says, "I have a community that supports me and whom I support. I've met so many great people I can call my friends, and they're always ready to go to bat for me. All I can do is reciprocate and show up when I'm asked."

What impressed us the most was his unparalleled commitment to integrity and authenticity. Pasquale says, *"The most important thing to me is staying true to myself... I try my best to practice what I preach and make sure I'm doing the same things I ask of others in the gym."* That's integrity worth its weight in gold. **SE**

Matt's Picks

“Proper programming, consistent effort, and an environment that keeps people motivated. I believe we've created this.”



1

2



2. MEN'S OUTRUN BEANIE | \$38

- This lightweight beanie was designed to keep you warm on cold weather runs.
- Sweat-wicking Tech Fleece is thermal and brushed on the inside for warmth and comfort.

"Four-way stretch and sweat-wicking for great support and comfort!"

3



3. MEN'S SURGE WARM TIGHT | \$118

- Get up and run in these warm tights.
- Brushed Full-On Luxtreme® fabric is four-way stretch, sweat-wicking and offers great support and coverage with a cozy-soft feel.

1. METAL VENT TECHNICAL THERMAL CREW | \$98

- This base layer is made with anti-stink technology and chafe-resistant seams for all-day comfort.
- Fabric is four-way stretch.

4



4. SURGE THERMAL VEST \$198

- Say goodbye to cabin fever in this lightweight vest that pairs zoned warmth and water-resistance for your sweaty, cold-weather activities.
- Made with Lightweight Primaloft® fabric that offers insulation and has great heat retention, making it the perfect choice for cold, wet weather.

AGE Appropriate

Why You Should Start Using Anti-Aging Products NOW

BY CATIE WIGGY



Tip:

APPLY SUN PROTECTION DAILY THAT IS MINERAL BASED, WITH A COMBINATION OF TITANIUM DIOXIDE AND ZINC OXIDE FOR BROAD-SPECTRUM DEFENSE. THESE KEY MINERALS PREVENT SIGNS OF AGING FROM SUN DAMAGE BY BLOCKING UVA AND UVB RAYS. RESEARCH HAS SHOWN THAT ZINC OXIDE HAS THE CAPABILITY TO SHIELD AGAINST UVC AS WELL.

DID YOU KNOW THE SKIN STARTS TO AGE NATURALLY IN YOUR EARLY 20S?

Just when you're kicking off adulthood, you're starting to get "old." Go figure, right! As we age, the production of collagen, an essential protein that acts as the framework of our skin, starts to slow. Furthermore, the elastin in our skin, which is responsible for keeping things nice and firm, demises and can even break. Dead skin cells start to accumulate and build up because they don't shed as quickly and turnover of new skin cells starts to decrease. Ultimately this leads to fine lines, wrinkles, and sagging skin, which can start to become apparent as early as your 30s.

Many factors contribute to how the skin ages, including genetics, smoking, dietary habits and most importantly the sun. The sun's damaging UVA and UVB rays wreak havoc on our skin and, over time, these rays damage the elastin fibres within the skin. When the elastin starts to break down the skin will show signs of sagging and eventually it will lose its ability to bounce back into place. Therefore the most important anti-aging product you can use at any age is a sun protection!

Protect your skin daily and guard yourself from the sun's damaging rays without the use of harsh chemicals.



As skin ages, it accumulates the grueling effects of free radicals and environmental exposure, both on a visible level as well as a deep cellular level. Over-exposure to oxidative stress and free radicals long-term not only leads to premature aging and wrinkling but also discoloration. **Keep your skin youthful and glowing by applying an antioxidant-rich serum every morning.** Look for a formula with L-Ascorbic Acid vitamin C, the most effective and plentiful antioxidant the skin can receive anti-aging and brightening benefit from.

Another age-defying must is maintaining hydration within the skin. Dryness can cause inflammation, redness, and irritation—not to mention fine lines and wrinkles can become even more noticeable. **Incorporate a rich hydrating mask into your weekly routine to increase moisture retention, and consider using a nighttime moisturizer packed with peptides for increased anti-aging benefits.** Peptides are manufactured by the absorption of proteins by the body, and lots of sorts of peptides are readily and quickly absorbed. Because of this, peptides are effective skin-care ingredients that help reduce wrinkles and improve skin quality. **Also, make sure you are drinking 8 cups of water a day to keep skin hydrated.**

Did you know:

One anti-aging product we all need regardless of age is an eye cream! The skin around the eyes is thin and delicate and needs intense hydration and anti-aging support. **As we start to age, the first place we notice it is in the eye area.** This is because of continued facial contractions as well as the skin being so thin. You can start to see fine lines and, in some cases, even wrinkles before your 20th birthday.

PRODUCT RECOMMENDATIONS:



Revitalizing Night Cream
1.2 fl oz / 35 mL | \$51.00

Nutrient-rich rejuvenating cream that works overnight to improve radiance and firmness. Containing ChronoLine™ Peptide and Monk's Pepper, this advanced formula deeply hydrates and reduces the appearance of fine lines and wrinkles.



Retinizable Retinal™ Eye Cream
.5 fl oz / 15 mL | \$44.00

Advanced, high-performance moisturizing cream with vitamin A (patented-process retinal), plant stem cells, and ceramide 3 promote skin renewal and reduce the signs of aging. Non-irritating. Dermatologist- and allergy tested.



Perfect C™ Serum
.5 fl oz / 15 mL | \$58.00

Advanced multi-tasking vitamin C formula reduces the appearance of lines and wrinkles. 17% L-Ascorbic Acid and Buddha Plant Stem Cells brighten and protect against photo-damage and combat visible signs of aging. Non-irritating. Dermatologist- and allergy tested.

All products are available at beautyboutique.ca, or look for them at mychelle.com.

Remember: the best strategy against fine lines, wrinkles and dull, aging skin is prevention. So make taking care of your skin a priority! SE

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Handmade in Toronto
by
Veronica Ciandre & Co.
using the
Fibonacci Sequence



iloveisola.com



Exhibiting at the Toronto Yoga Show, March 30 - April 2
Booth 1426

AlkalineHealth

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The Healthy pH Lemonade

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- **Tasty warm or cold**
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- **pH Balancing**
- **Cleanses & Energizes**
- **Alkalizing Minerals & Lemon**
- **Builds Bone & Muscle**



Moring Rise & Shine is a unique, great-tasting Body pH Balancer. Taken on an empty stomach, this mineral-enhanced, all-natural lemon & aloe drink gently balances internal body pH and promotes an alkaline environment.

Maintaining a balanced internal pH can improve immune health, reduce inflammation, prevent degenerative disease and promote bone health.

Lemon juice naturally cleanses the gastro-intestinal tract and reduces the risk of kidney stone formation and oxalate deposits.

Daily use of Morning Rise & Shine detoxifies and rejuvenates cells and organs. It also effectively increases energy levels, boosts athletic endurance, builds muscle, and improves mental acuity.

Alkalize • Cleanse • Energize

L I V E T H E H E A L T H Y L I F E

prairienaturals.ca



Yoga RX

Just What the Doctor Ordered

BY ERYN KIRKWOOD



READ MORE
ON WHY
YOGA CAN
HELP

THERE ONCE WAS A TIME (NOT LONG ENOUGH AGO!) WHEN WORDS LIKE "DEPRESSION" AND "ANXIETY" CONJURED UP IMAGES OF BED-RIDDEN PATIENTS IN ASYLUMS AND BOUTS OF HYSTERIA.

Thankfully, these depictions have gone by the wayside, and much light has been shed on the reality (and high prevalence) of life with mental illness. Celebrity accounts, mental health awareness weeks, dedicated charities, and organizations educating the public on these issues have profoundly impacted our perspective on what it means to live with a mental illness (or to care about someone who does). In fact, one in five adult Canadians (21.3 percent) will suffer from a mental disorder in their lives. Today, the stigma around mental illness and the stereotypes about people who suffer from them are steadily dissolving, but we still have a ways to go.

21.3%

will suffer
from a mental
disorder in
their lives.

One in 5 young people are living with a mental illness that causes them significant distress. Depressive disorders are predicted to rise by 50% globally in children and youth by 2020.

Alcoholism, addiction, compulsive gambling or shopping, eating disorders, body dysmorphic disorder, depression, anxiety, and schizophrenia all fall under the umbrella term 'mental disorder' and, as such, are listed in the Diagnostic and Statistical Manual of Mental Disorders (a standard used by mental health professionals to help diagnose illness). Drug addiction, alcoholism, and even depression were once believed to be a moral failing, lack of willpower, or refusal to "just cheer up"—some beliefs that persist even today. But science has shown a genetic component underlying mental illness and there has been success in both allopathic and homeopathic remedies. Holistic nutritionists have drawn parallels between nutritional deficiency and addictive tendency and neuroscientists have noted traits and deficiencies in brain chemistry that seem to predispose people to various mental disorders. Thus it comes as no surprise that the ancient healing system of yoga would also have something to say, some way to contribute, to these age-old conditions.

A SYSTEMATIC REVIEW ON THE IMPACT OF YOGA ON SCHIZOPHRENIA REPORTED THAT YOGA REDUCES PSYCHIATRIC SYMPTOMS, STATE ANXIETY, AND PSYCHOLOGICAL DISTRESS.



Amy Weintraub was one of the first to bring depression and anxiety to the forefront of yoga therapeutics. Drawing from her personal experience suffering with depression for many years, Weintraub has developed programs, classes, workshops, retreats, and even mood management trainings that draw large numbers of people. She speaks at conferences around the world, produces videos and podcasts, writes blogs and articles, and appears in international magazines as an expert on the subject of yoga and mental health—all of which speaks to the profound need for, interest in, and effectiveness of yoga to positively influence our well-being.

Linda Malone is a yoga studio owner and founder of the Blu Matter Project, a not-for-profit organization in Toronto that provides opportunities for qualified people to attend classes at her studio and at participating studios throughout the city. The organization is dedicated to generating a stigma-free conversation about the lived realities of mental illness and creating a non-judgemental global support network.

In August 2012, Malone's younger brother Michael committed suicide at the age of 24. The family later discovered that he was suffering from undiagnosed depression and bipolar disorder. The loss was a shock. Most people don't realize how common mental illness is in our society. With

one in five people enduring mental illness and nearly 11 Canadians committing suicide every single day, this means thousands of Canadian lives are touched by these issues. Linda shares the story of her brother's passing on the Blu Matter Project website:

"THAT NIGHT CHANGED EVERYTHING FOR EACH ONE OF US," SHE SAYS. "THE CHOICE HE MADE ON THAT HOT SUMMER EVENING TO END HIS LIFE HAS FOREVER SHIFTED THE TRAJECTORY OF MY LIFE AND THE LIVES OF THOSE WHO SURROUNDED HIM."

A systematic review on the impact of yoga on schizophrenia reported that yoga reduces psychiatric symptoms, state anxiety, and psychological distress and can be used as an add-on treatment to reduce the complex symptoms of schizophrenia, like lack of motivation, fatigue, emotional apathy, and withdrawal (Cochrane.org).

In a randomized, controlled pilot study led by Dr. Anup Sharma (a neuropsychiatry research fellow in the Department of Psychiatry at the Perelman School of Medicine, University


of Pennsylvania), researchers found significant improvement in symptoms of depression and anxiety in patients with major depressive disorder.

Dr. Sharma says, "Yoga offers a number of movement and meditative practices that may improve mental health symptoms in a variety of conditions, like depression, anxiety, ADHD, schizophrenia, substance abuse, and anxiety disorders."

Anxiety and depressive disorders are often mentioned together. People with anxiety disorders tend to have low levels of the brain chemical known as GABA (or gamma aminobutyric acid), and yoga and other mind-body practices are known to increase the level of GABA, making it a healthy and accessible complimentary tool for treating both depression and anxiety.

Dr. Blake Martin, a defence scientist and part-time faculty member of York University in Toronto, says,

QUALITY OF LIFE IS WHERE YOGA REALLY SHINES. ITS CAPACITY TO CALM THE NERVOUS SYSTEM AND OFFER A RESPITE FROM AN ALL-TOO-OFTEN MANIC PACE OF MODERN-DAY LIFE IS UNMATCHED, AND A GROWING BODY OF RESEARCH CONTINUES TO SUPPORT THESE CLAIMS.



Yoga is a gift that, once learned, is free of charge, free of negative side effects, and freely available to people of all mindsets who seek some degree of inner peace.

"Importantly, depression and anxiety are often found in the same individuals. A seminal 1998 study headed by Ronald Kessler on depression and anxiety showed that more than half of all people suffering from anxiety disorders also met the criteria for major depressive disorder, while of those suffering from depression, 1 in 5 displayed symptoms of anxiety."

The American Psychological Association considers yoga "an important tool of psychotherapy." Likewise, the Canadian Psychiatric Association has seen an increase in the number of studies done and papers written on the benefits of using meditation as a coping mechanism for handling the symptoms of mental illness. None would argue that this mind-body practice improves health-related quality of life.

Quality of life is where yoga really shines. Its capacity to calm the nervous system and offer a respite from an all-too-often manic pace of modern-day life is unmatched, and a growing body

of research continues to support these claims. Yoga balances our bodies and stress response systems by lowering blood pressure, easing respiration, and reducing heart rate. This improves the overall mood and functioning of people living with anxiety and depression (ncbi.nlm.nih.gov).

But the benefits of yoga extend well beyond the lives of those who suffer from chronic mental illness. The physiological changes induced by the mind-body practice can also support adult caregivers who experience lower life satisfaction, depression, or stress; benefit trauma survivors and people with post-traumatic stress disorder; assist individuals with sleep disorders, including sleep apnea and insomnia; and essentially benefit anyone undergoing a difficult life situation. Ultimately it is a gift that, once learned, is free of charge, free of negative side effects, and freely available to people of all mindsets who seek some degree of inner peace. JE



SOCCER MOM

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Build a Better You!

The wellness industry has reached an all-time high in popularity, and people today are more invested in their health and well-being than ever before. This is fantastic news! However, the sheer magnitude of choices can be daunting for those entering the scene for the first time; and nothing is worse than having made a decision, only to be stalled on how to move forward.

OUR 2017 DIRECTORY HIGHLIGHTS SOME OF THE BEST YOGA STUDIOS AND FITNESS FACILITIES IN THE COUNTRY.

We've done our best to summarize their gifts in a single blurb, just enough to spark your interest and provide what is needed for you to take the next steps.

If you're not exploring uncharted fitness territory but wish to deepen your practice or challenge yourself in a new way, a weekend intensive or teacher training program might be just what you need. Most of the studios featured here offer quality teacher training programs. In addition to these, we've highlighted two handfuls to give you a quick glance at some noteworthy education programs. The options are limitless but a single fact remains: there is something here for everyone. There is something here for YOU.

Health and Wellness at Your Fingertips

"Come grow with us."

Try out a new cycling studio, workout warehouse, or fitness centre!

Yoga Tree > yogatree.ca

One of the biggest perks of becoming a Yoga Tree student is having access to five studios with one student pass. Highly trained yoga instructors offer over 1,000 classes a month in five Yoga Tree centres across the General Toronto Area, and your membership permits access to every single one! All levels of experience and interest in yoga are guaranteed to leave you feeling uplifted and inspired. "Come grow with us."

TORONTO



< *The Flying Yogi* theflyingyogi.ca

Suspend your beliefs and soar to new heights with Canada's first suspension yoga studio. Enjoy aerial classes for the whole family or grounded yoga classes in a new infrared studio. A variety of specialty workshops are designed to fulfill your wellness needs and fitness goals. New students can enjoy 30 days of unlimited suspension and infrared yoga classes for \$99! *"Beneficial for any body, at any age."*



< *I AM Yoga* iamyoga.ca

The I AM Yoga centre is a historical Toronto landmark, newly expanded to provide even more classes to meet the unique, elegant, and athletic goals of their students. New students are encouraged to try one month of unlimited yoga for just \$45. *"We do yoga. I AM style."*



< *Hot Yoga Wellness* (Scarborough/Kennedy) hotyogawellness.com

Hot Yoga Wellness was the first studio in Canada to offer Health Qigong classes. They now have six different locations, each with a smattering of Hot Yoga, Hot Yoga Pilates, Ashtanga Yoga, Body Temperature Yoga, Bootcamp, and Yin Yoga classes (in addition to Qigong) and a wealth of other formats, services, and styles. With over 35 classes per studio each week and eight studio locations to choose from, it's impossible to be disappointed! *"Where East meets West in the West."*



< *The Yoga Sanctuary* theyogasanctuary.ca

The centre opened its doors on November 8, 1999, and has continued to evolve their two Toronto locations over the last 18 years. They offer a level of excellence in their yoga classes, workshops, and teacher training that only seasoned teachers and training faculty can provide. Their unlimited yoga for 30 days (\$40) encourages new students to experience their expertise for themselves! *"A safe haven for inward journeys."*



< *Breathe* breatheyogastudio.com

Try your first 5 classes at Breathe Yoga Studio, entirely commitment-free for just \$5. Their friendly and professional staff pride themselves on instruction 'par excellence,' to ensure that every student who walks through their front doors can't wait to come back! The centre also hosts numerous workshops and a wide variety of teacher trainings annually. *"Committed to enhancing your lifestyle through yoga."*

Think Fitness thinkfitnessstudios.com

Performance-inspired facilities offer the complete fitness experience: if you're looking for one-on-one, they've got personal training. Interested in being part of a group? Choose from Foundations, Cross-Training, Kickboxing, Metabolic Conditioning, Mom & Baby, Master's classes and more. This centre will focus your mind on health and wellness in a big way. *"Your goals. Your community. Your journey. Think Fitness is Fitness Personalized."*

SE Stretch in the City



< Ashtanga Yoga Centre ashtangatoronto.com

Host to one of the world's largest Mysore programs, the Ashtanga Yoga Centre of Toronto opened in 2008 and has since remained dedicated to the traditional teaching of Ashtanga Yoga. Although widely considered the most vigorous physical practice of yoga, all levels of students have a place at the centre. Newbies can register for an introductory session or jump right in with an unlimited monthly pass for \$40. "Practice and all is coming."

"Be moved"



< Union Yoga and Wellness unionyogastudio.ca

Union offers over 50 classes a week of various styles for all students, from beginners to advanced yogis and seniors. Their bright and beautiful downtown Toronto studio is as enticing as their introductory special of unlimited yoga for your first month! Accessibility, diversity, and well-being are the pillars that form the foundation of Union Yoga. "Come get bendy with us – your body, mind,



Yoga Space Yogaspace.net

With nearly two decades of experience under their yoga belt, Yoga Space has honed the instruction and provision of yoga to a fine art. From ongoing monthly workshops to advanced teacher training opportunities, there's something here for everyone. New student specials, seniors' discounts, and class passes are available. "A leader in the Toronto yoga community."

Misfit Studio misfitstudio.com

Instructors at Misfit blend anatomy, sequencing, and musicality to offer a fresh and invigorating style they call "Fusion." MisfitPilates offers a unique approach to Pilates, where strength and length are thread together in sequences that challenge the entire body and awaken your core. Relearn what you thought you knew about movement in these signature classes at Misfit Studio! "Be moved."

OAKVILLE, ON

Power Yoga Canada > poweryogacanada.com

Eight different locations, with 8 full schedules offering dozens of classes, workshops, personal transformation programs, and teacher training options! And that's just the start... "Empowering community in action."



Quad Spinning > quadspin.com

Two locations, double the fun (Quad King and Quad West). Quad Spinning keeps it simple by packing their schedules exclusively with cycling (upwards of 40 classes a week!), but simple doesn't mean easy! High-intensity classes, modern bikes, stellar beats, and a range of styles and levels to choose from. What more do you need? "Runner-up for the best workout in the city!"

WATERDOWN, ON

De La Sol > delasolyoga.com/waterdown

For a dollar a day, new students can enjoy all the yoga their heart desires for 30 days at both De La Sol locations (there's one in Hamilton, too). Even if you sign-up in Hamilton, you can access the 4000 square-foot space in Waterdown! De La Sol Yoga prides itself on offering the highest quality instruction drawn from many different styles. From any of the 60+ classes a week, students can expect an emphasis on alignment, breath, and mindful movement.





APEX Training Centre apextrainingcentre.com

If you're serious about your fitness goals, APEX is your solution. APEX Training Centre is an elite strength and conditioning facility dedicated to supporting individuals on their fitness journey. Their 8,000 square-foot warehouse space is designed with the highest quality equipment and a wealth of experience, making it a functional and welcoming environment. They provide group classes and personalized programs, all geared to motivate and inspire you to train hard! *"Aspire for greatness. Reach your highest point."*

Studio Po studiopoyoga.com

Enjoy a unique experience provided by some of the most rigorously trained yoga teachers in the world. Widely renowned for the ability to adapt the practice to individual needs, this Iyengar-based centre ensures precision and personal attention, props and modifications that are as refreshing as their studio is bright and spacious. Ongoing workshops for all levels are available. *"A yogi's brain extends from the bottom of the foot to the top of the head."* BKS Iyengar.

COLLINGWOOD, ON

Buddha Rider Yoga and Cycle Studio > buddharider.com

Explore a vibrant community space at this yoga and cycling studio. Radiant panels, cork floors, and American Clay walls are designed for Hot Buddha Flow classes. Variety abounds, but cycling and yoga are the studio's main squeeze. *"A space that celebrates life and everything it has to offer."*



BURLINGTON, ON

Moksha Yoga Burlington > burlington.mokshayoga.ca

This family-run studio offers high-quality instruction and a top-rate space that might even surpass your Moksha expectations. Their commitment to environmental awareness and class accessibility make it one of the city's most-loved centres. *"A big part of Moksha is taking our practice off the mat."*



PORT DOVER, ON

The Twisted Fish > twistedfish.ca

Located in the heart of downtown Port Dover, the Twisted Fish is warm, bright, and inviting—as are the teacher and community of yogis who practice here. Unparalleled opportunities at this centre make education in yoga and wellness practices accessible to all who seek it. *"This is yoga for everyone."*



CAMBRIDGE, ON

Moksha Yoga Cambridge cambridge.mokshayoga.ca

Moksha Cambridge is located in a 100-year-old building in the heart of downtown Galt, Cambridge. The hardwood floors in both studios and in the lobby are native to the building. They emphasize environmental awareness, expert instruction, and a well-rounded and flexible offering of over 38 weekly classes. Enjoy classic Moksha classes or explore some unique variations, like Barre, Hot Yang/Yin, Body Bliss, or Kid's yoga! Introductory offers and auto-renew memberships are available. *"Calm Mind. Fit Body. Inspired Life."*

OTTAWA

Beyond Yoga > BeyondYogaOttawa.com

Beyond Yoga in Ottawa is just that: yoga and beyond! A smaller class setting offers a personalized experience of some unique class formats, including Thai Yoga Bliss, Yoga at the Wall, specialty classes, and meditation sessions. Interested students can also enjoy massage therapy, somatic education, and yoga therapy. "My Yoga. My Community. My Sanctuary."



PranaShanti > pranashanti.com

Breathe in infinite opportunities at this centre, with over 12 classes a day to choose from, including master classes, hot and warm yoga, restorative sessions, Yin Yoga, Kundalini yoga, Power, Prenatal, and more! But that's just the beginning. Their wellness space also provides therapeutic massage, infrared sauna, yoga therapy, spiritual counselling, Ayurveda, acupuncture, and infinitum. Whatever you seek, you are sure to find at Prana Shanti. "Experience the PranaShanti difference."



COURTICE, ON

Ahimsa > ahimsayoga.com

You will find all types of yoga for all types of people at three Ahimsa studio locations. Some class offerings are as early as 7:00am (just \$8 to drop in!) and as late as 9:15pm, making the schedule both flexible and accommodating. Take advantage of the new student special and try as many classes as you like in one month for just \$30. The community vibe makes your foray into the practice of yoga unintimidating and highly enjoyable!

"Live your dharma. Love your life!"



QUEBEC



Moksha >

**montreal.
mokshayoga.ca**

With over 17 classes on the schedule every single day, Moksha Yoga Montreal leaves no room for excuses. What makes this centre totally unique is that some classes are offered "en Francais!"



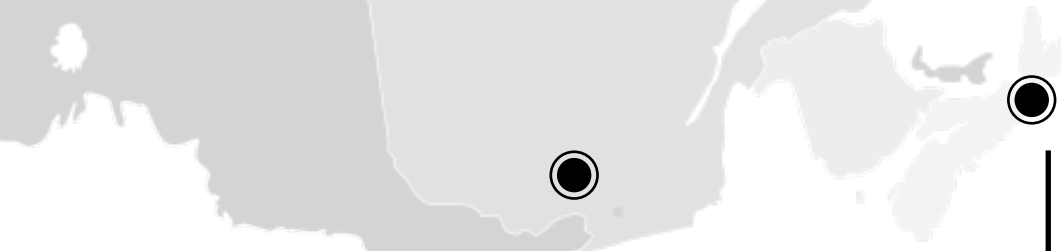
NEWFOUNDLAND



Nova Yoga

novayogaonline.com

Owned and operated by Melanie Caines, Nova Yoga is located in St. John's, Newfoundland. New students can try 30 days of Vinyasa (Flow), as well as Yin, Restorative, Classic Flow, Core Strength, Alignment Flow, Prenatal Yoga, and other exciting yoga events.



"Discover new ways to deepen your practice"

United Yoga Montreal >
unitedyogamontreal.com
This downtown Montreal centre uniquely combines the precision of Iyengar Yoga, the power and grace of Ashtanga Vinyasa, and the healing techniques of Restorative Yoga. They also specialize in training yoga teachers and advanced students. New students are encouraged to ask about introductory sessions.



Cadence Cycle
cadence-cycle.com
CADENCE cycle is Montreal's first indoor spin studio to offer a full-body workout on a bike. Enjoy music and choreography matched with motivating instructors who will challenge your body and mind. Each unique ride will strengthen your core, tone your upper body, and boost your cardio.
"Together we ride with rhythm!"



"Come breathe, flow, and feel alive."

NOVA SCOTIA

Therapeutic Approach Yoga Studio **yogastudio.ns.ca**

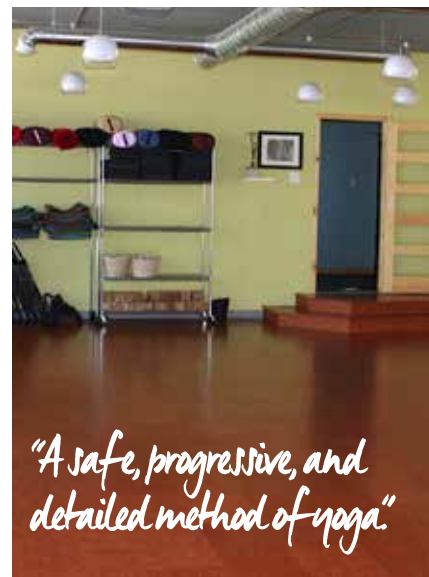
This originally family-based yoga and health centre is the first of its kind in the area, having opened in 1997 and since expanding to offer over 40 yoga and meditation classes a week. Explore their wellness service offerings or try one of many different styles of yoga. Teachers at Therapeutic Approach draw strongly from Baptiste, Anusara, and Iyengar yoga influences. Enjoy your first class for just \$12!



MANITOBA

Tamarack Yoga Centre **tamarackyoga.ca**

This centre offers a wide range of classes and workshops for all types of students. The welcoming space is dedicated to the practice and teaching of Iyengar Yoga. Fundraising events and workshops round out the Tamarack experience!



ALBERTA



Sattva School of Yoga **Edmonton | sattvaschoolofyoga.com**

For more than 16 years, Sattva has catered to all students of all levels, from total beginners to advanced practitioners. All of their teachers are graduates of the unique Sattva Yoga teacher training program, one of the first and oldest training programs in Edmonton. Their studio offers something for everyone, including Kid's Yoga, meditation, prenatal, Sanskrit, teacher training, live music, and more! *"Join the inner revolution!"*



Karma Yoga | Calgary **karmayogacalgary.com**

This friendly community hot yoga studio is located in beautiful Aspen, Calgary. Try a number of hot, warm, and low-heat class options in a mountain-facing studio space. Top instructors, unique events, and a vibrant community make Karma Yoga Calgary one of the very best.

"Where intention goes, energy flows."

BRITISH COLUMBIA

Moksha Yoga > **vancouver.mokshayoga.ca**

Get your sweat on with Hot Power Flow, unwind in Yin with Music, catch a live band in Moksha with Live Music, or pick from a number of specialty workshops designed to enhance and inspire your life. Rewards programs, new student offerings, and energy exchange opportunities make accessibility a reality at this centre. *"Helping to make the world a better place."*



One Yoga > **oneyoga.ca**

Enjoy the non-competitive, equal opportunity atmosphere of these Vinyasa-based yoga studios, with locations in Vancouver, Victoria, and Saskatoon. Inquire about drop-in classes, unlimited monthly passes, unique teacher mentorship programs, and Vinyasa Yoga for Youth Teacher Training opportunities. High-school students practice for free! *"Steady practice will lift you to the heights of yoga."*



Movement 108 > movement108.com

Movement108 trainers value proper exercise sequencing, progressions, and real-life functionality. The centre combines kettlebell work, TRX, aerobic training, strength training, and even outdoor running and hikes. This is the place to find balance and strength in your body. *"A balanced approach to exercise."*

Teacher Training

Not everyone signs up for teacher training with the goal of teaching on their mind. For some, it's an opportunity to dive deep into the practice and philosophy of yoga; for others, it offers the chance to connect with like-minded people in the spirit of sharing a deepening passion.

Whatever your reason for inquiry, this is a good place to start your search. Most of the studios listed in this feature offer a teacher training program, many with a long-standing positive reputation. We've handpicked these ten to provide you with a well-rounded roster of educational opportunities of varying emphases and interests. Take a look. One just might have your name on it!

Thai Massage Toronto School and Clinic > thaimassagetoronto.com

Established in 1998, TMT boasts awesome longevity. The school and massage centre offers training to launch your career as a Thai Massage Therapist, with 150-hour practitioner certification, 125-hour intermediate certification, and 150-hour advanced certifications available. Enjoy both group and private classes in TMT's Toronto and Mississauga locations, with the opportunity to study under master teacher Deanna Villa. The course qualifies for Continuing Education Units with the College of Massage Therapists of Ontario.



Moksha Yoga > mokshayoga.ca

Moksha's 200-hour certification program is for teacher trainees and students wishing to deepen their practice and understanding of yoga. The Moksha/Modo Yoga Teacher Training Curriculum is entirely unique. They combine a one-month intensive teaching certification course with an 11-month distance learning component. Find out about upcoming trainings on their website.



Yoga Public > yogapublic.com

Sometimes called "Canada's largest playground," Yoga Public offers teacher training several times throughout the year. The Foundations program is broken into two modules, allowing flexible options for completion. Students graduate confident in their ability to instruct beginner classes, teach meditation and pranayama, do adjustments, and even adapt the practice methods of the Ashtanga Primary Sequence to suit diverse groups.



YYoga > yyoga.ca

This community of studios and fitness centres in Vancouver and Toronto offers 200-hour Yoga Alliance teacher training certification. They also have specialized Hot Yoga and Yin Yoga training to supplement your 200 hours, or as a way to deepen your passion for the practice! YYoga emphasizes a faculty of teacher trainers who are dedicated to your growth and development, not only as a teacher, but as a person. Find your fit and commit! For information about the training curriculum, dates, and other details, head to their website.



Semperviva International College of Yoga > semperviva.com

Semperviva is recognized as a leading studio and international yoga teacher training college and, as such, has more training options than you probably knew existed. They provide the foundational Yoga Alliance 200-hour training (the only career training that certifies you to teach yoga), but that's just the start. Supplementary training branches out to include immersion programs like Yin Yoga, Vinyasa Yoga, Prenatal, Restorative, Yoga Nidra, and many more. Destination training and online offerings are available, too.



Power Yoga Canada > poweryogacanada.com

As one of the founding pioneers of Power Yoga, the Baptiste Power Yoga teacher training program has a reputation as solid as its founder. Power Yoga Canada has teacher training offerings that include weekend intensives, month-long intensives, and more.

Bonus: unlimited class attendance across all locations is included in the program tuition.



Functional Synergy > functionalsynergy.com

Susi Hately's renowned Yoga Therapy training programs offer professional, world-class training in the realm of yoga therapeutics. Her online offerings, in-person trainings, and post-intensive integration packages promise to deliver the anatomical knowledge, biomechanic intuition, and confidence you will need to help get your students and clients out of pain and into a life of greater ease.



YogaFit > yogafit.com

YogaFit Canada offers a variety of teacher training modules in cities across the country. YogaFit is a blend of Western fitness science and ancient yoga traditions that delivers a practical and user-friendly style. Some specialty trainings available include Prenatal Yoga, Kid's Yoga, Seniors' and Chair Yoga, Restorative Yoga, Yoga Therapy, and Trauma-Informed training through the YogaFit for Warriors program. All programs are eligible for canfitpro, BCRPA, ACE, and Yoga Alliance CECs.



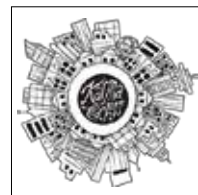
Yoga for Runners > yogaforrunners.com

This training program directed by Christine Felstead is eligible for Yoga Alliance continuing education credits but does not, in and of itself, qualify you to become a yoga teacher. Training covers the subtleties of teaching yoga to runners in a way that is both challenging and safe. The core of the program emphasizes using yoga to enhance physical performance and aid in injury recovery and prevention. The full program is divided into two, three-day modules, each including instruction and practice.



Karma Teachers > karmateachers.com

Emerson Lim is the founder of Karma Teachers, the only federally registered non-profit teacher training organization that provides full and partial scholarships. Karma Teacher training programs are held in Vancouver and are passionately taught by the Karma faculty team, as well as by master teachers, mentors, and guest teachers. Apply early because their training program always has a wait list!



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RAW AMBITION

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"I love places that make you realize how tiny you and your problems are." ~Anonymous



Thai-tastic!

THAI GINGER-BASIL CHICKEN
PHOTOS AND RECIPE BY NICK MASSIE

WHAT YOU NEED

- Olive oil, as needed
- 2 8oz** Boneless, skinless chicken breasts, large dice
- 1 tbs** Fish sauce (I use Red Boat)
- 2 tbs** fresh basil, peeled and minced
- 6** Thai chilies, split and seeded
- 1 tbs** Maple syrup
- 1 oz** Fresh basil leaves (about a handful), whole, but pulled from the stem
- Water, as needed

PREPARATION

1. Season the chicken with the fish sauce and toss to coat evenly. Set aside.
2. Heat olive oil in a wok, cast iron skillet, or sauté pan over medium-high heat.
3. When oil is hot, but not smoking, add the ginger and stir. Cook for 30 seconds.
4. Add the chicken and stir to incorporate ginger and oil.
5. Cook for 2-3 minutes, stirring regularly and adding a bit of water as needed.
6. When chicken is 90% cooked, add the basil and Thai chilies and stir. Then add the maple syrup and cook for 1 minute longer, stirring constantly.
7. Cut the heat and serve it up!

CULINARY NINJA NICK MASSIE TAKES HIS COOKING SERIOUSLY.

He likes to explore cultural cuisine and goes right to the source to get the authentic experience. One of his recent adventures was to Thailand, and while there are plenty of reasons to visit Thailand, from the majestic beaches to the floating markets, you can't escape the magnificent Thai cuisine. It's a celebration of fresh and fragrant flavour. Fortunately, he offers us a little taste experience from his travels.



Tom Kha Gai

CHICKEN IN COCONUT SOUP
RECIPE BY NICK MASSIE

WHAT YOU NEED

- | | | | |
|------------------|---|-------------------|---|
| 1 19oz | can whole coconut milk | 3 | Thai chilies, halved and half the seeds removed (more or less, depending on heat tolerance) |
| 1 15oz | can light coconut milk | 3 tbs | Red Boat fish sauce |
| 1 pound | boneless, skinless chicken breasts, sliced | Juice of 1 | lime |
| 3 cups | crimini mushrooms (or another variety), quartered | 5 | kaffir lime leaves, stems removed and torn into pieces |
| 1 | shallot, sliced | 1 handful | cilantro, one-half chopped and one-half for garnish |
| 6 slices | fresh ginger, peeled | 1 bunch | scallions, Asian bias cut (for garnish) |
| 10 slices | bottom portion of lemongrass, cut on a bias | | |

PREPARATION

1. Add heavy and light coconut milk, ginger, lemongrass, shallots, mushrooms, and chilies to the wok and heat over medium-high heat.
2. Bring mixture to a boil, then reduce heat to a simmer and cook for 5 minutes, stirring occasionally.
3. Add the chicken, fish sauce, and lime leaves and stir to incorporate. Continue simmering and stirring until chicken is cooked through, then turn off the heat.
4. Finish by stirring in lime juice, chopped cilantro, and scallions.
5. Garnish with cilantro sprigs and scallions and pull a few red chilies to the top when serving.

Remember: the first bite is with the eyes, so serve this soup with a smile and remind your friends that you're helping them . . . *St*

Just one cup of coconut milk has about 138 calories and 1.5 grams of protein. It is considered a very filling and fat-burning food!

A Latte a Day

Keeps Fatigue at Bay!

BY THE EDITORS

Today we have access to many great herbs, supplements, and nutritional advice. But how do we fit everything in on a daily basis?

Add high- powered organic herbs with extra fats to an awesome latte to increase your energy, vitality, and focus, and help you push through that afternoon slump.

We still believe in 'an apple a day,' but try adding nutritional powerhouses to your afternoon routine and quickly feel the advantages!

Maca Mocha Latte

INGREDIENTS

- 2 cups** organic milk or milk alternative (warmed or cold)
- 2 tsp** Dandy Blend
- 2 tsp** Ojio maca
- 1-2 tsp** Ojio cacao powder, Stevia, or Lakanto, to taste

INSTRUCTIONS

Add all of the above to a blender and blend on high for 30 to 60 seconds.



DANDY BLEND is made of water-soluble extracts of roasted roots of dandelion, chicory and beets, and the grains of barley and rye. Nothing else is added.

MACA is a powerful adaptogen that will help your body deal with stress. It warms you from the inside, so it's also great on damp days. Very good for libido if taken over a few weeks' time.

RAW CACAO POWDER

is high in antioxidants, iron, calcium, and magnesium.



Chaga and Dandy Blend Latte

INGREDIENTS

- 1** packet Four Sigmatic chaga
- 1 tbsp** Dandy Blend (dandelion root instant herbal beverage)
- 1 tbsp** Ojio coconut oil
- ½ tbsp** honey or Lakanto sweetener
- 2oz** hot water
- 6oz** warmed almond milk or favourite milk alternative

INSTRUCTIONS

Add all of the above to a blender and blend on high for 30 to 60 seconds.



CHAGA aids in building the immune system while dandelion cleans the liver.

COCONUT OIL contains MCTs that satiate hunger, increase focus, and contribute to heart health.



Ayurvedic Ashwagandha Latte

INGREDIENTS

- 1-2 tsp** Sewanti's ashwagandha root powder
- 1 tbsp** Ojio coconut oil, ghee, or organic butter
- 1 cup** organic whole milk or milk alternative
- 1 cup** warm water from the kettle
- ¼ tsp** cardamom powder
- 1 tbsp** Lakanto sweetener or organic honey

INSTRUCTIONS

Add all ingredients to the blender and blend on high for 30 to 60 seconds.

*Change-up this recipe with various Sewanti herbs, such as shatavari or turmeric.



ASHWAGANDHA aids in rejuvenation, vitality, libido and adrenal fatigue.

What if you are out and about and need a quick and healthy pick-me-up? Keep sachets of Four Sigmatic Elixirs handy in your purse or pocket and add them to your favourite coffee on the run.



Turmeric and Lion's Mane Latte

INGREDIENTS

- 1 packet** Four Sigmatic lion's mane
- 1 tsp** Sewanti turmeric
- ½ tsp** ginger
- 1 tbsp** Ojio coconut oil, ghee, or organic butter
- 10oz** hot water, or coconut milk for a thicker latte
- 1 tbsp** honey or Lakanto sweetener
- Dash of cracked pepper

INSTRUCTIONS

Add all of the above to a blender and blend on high for 30 to 60 seconds. **SE**

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aids in neurological issues, such as memory, dementia, and motor skills.



TURMERIC is a powerful anti-inflammatory, along with pepper, which aids in absorption.



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ROOTING FOR HEALTH!

TAMARI-ROASTED ROOT VEGETABLES WITH CASHEW MILLET

BY ERYN KIRKWOOD

SERVES ABOUT 6

*RECIPE DERIVED FROM THE BEST-SELLING BOOK, *SKINNY BITCH IN THE KITCH*.

INGREDIENTS

4 beets, trimmed, peeled, and cut into ¾-inch cubes

4 rutabagas, trimmed, peeled, and cut into ¾-inch cubes

4 turnips, trimmed, peeled, and cut into ¾-inch cubes

3 tablespoons raw tamari

1 tablespoon safflower oil

¾ cups low-sodium vegetable stock

1 ½ cups hulled millet

¼ teaspoon fine sea salt

½ cup chopped cashews

INSTRUCTIONS

1. Preheat oven to 375°F

2. In a large bowl combine the beets, rutabagas, turnips, tamari, and safflower oil. Spread the mix onto two large rimmed baking sheets and bake for 30 minutes. One

pan at a time, remove the pans from the oven, toss the veggies, and spread them back out. Cook for another 30 minutes, or until the vegetables are tender and nicely caramelized.

3. Meanwhile, in a 3- to 4-quart saucepan over high heat, combine the stock, millet, and salt. Bring to a boil, reduce the heat to a simmer, cover, and cook for 15 minutes, or until the millet is tender. Remove from the heat, fluff with a fork, cover, and set aside until the vegetables are done.

4. To serve, transfer the millet to plates or a platter, top with the vegetables, and sprinkle with cashews. **JF**



Raw Cashews

Although cashews are lower in fibre, they're also lower in fat and full of vitamins E, K, and B6.

Raw Tamari

Soya sauce and tamari are both by-products of fermented soya beans, but tamari is the only one that's gluten-free!



Millet is a tiny gluten-free grain that's been a staple in Asia and India for thousands of years. Its higher protein content and low impact on blood sugar make millet a top grain alternative to wheat.



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DO YOGA

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DO YOGA 2

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The Prince of Poses -
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1% INSPIRATION

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SWEAT ETIQUETTE

Off the Mat—Into the
Office

It's a Journey, NOT A DESTINATION

GETTING TO THE STARTING LINE **AND STEPPING ONTO YOUR MAT**

BY VALERIE KNOPIK, PH.D.

IN ORDER TO START A JOURNEY, WE HAVE TO BEGIN. We have to line up at the starting line and agree to be a beginner. In the world of yoga, particularly if you are a beginner, just figuring out how or where to start can feel like an overwhelming hurdle. If you are a more advanced or consistent practitioner, you might be considering complementing your practice with another style or type of yoga practice. How can you distill the information available into something meaningful for you?

In *The Yoga Sutras of Patanjali*, yoga (or what we typically think of as yoga, which is the physical practice) is described as only one of the eight steps to living a purposeful and meaningful life. For most of us, it is this physical practice (Hatha Yoga) that serves as an introduction to all that yoga has to offer. No matter what style the physical practice is (Ashtanga, Baptiste, Bikram, Forrest, Iyengar, Kundalini, Power, Vinyasa, Yin, and others), there are three things in common: poses, breath, and the opportunity to be present. The physical practice of yoga requests your presence on the mat while you work on creating a deeper mind-body connection. Now, let's figure out how to get to that starting line.

*“The journey
of a thousand
miles begins
with a
single step.”*

--LAO TZU

BEFORE YOU STEP ON YOUR MAT, HERE ARE 6 KEY QUESTIONS FOR THE BEGINNER OR EXPERIENCED YOGI:

1. Why do you want to practice yoga (if a beginner)? Or why are you considering expanding your yoga practice? The answers to this question are endless. For most people, their first foray into yoga is through the asana practice—they want to move, sweat, or simply stretch. But maybe you want more of a quiet, restorative, meditative, or spiritual practice. If you have an injury, perhaps you are looking to yoga for some relief. **There's no right**

or wrong answer to this first question. What's important is that you are honest with yourself as to why you want to start this journey. Equally important is that you listen to the answer. Know that your answer might change as you gather experiences.

2. What kind of environment do you want to practice in? There is a range of experiences available, from private sessions to large and crowded classes, to smaller and more intimate ones. Do you want individualized attention at a slower pace? Do you yearn to feel like part of a community? Do you want music during

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*“As often as
you ask the
questions, the
answers may
change.”*

the practice or do you prefer silence? Do you prefer a heated space or a space that's room temperature? Are windows important or minimal external distractions? There are small locally owned yoga studios and corporate franchises, each of which caters to a different type of person. **Determine what your needs and desires are when it comes to your yoga journey.** It matters. The space in which you practice matters. Be willing to shop around if your first venture doesn't feel quite right.

3. To be taught or led? Do you want to attend classes where you learn something (perhaps the class has an anatomical focus or weaves an aspect of yoga philosophy into the physical practice)? Or are you so exhausted from the busyness of life that you just want to be guided through exactly what to do? **This answer might change on**

a daily or weekly basis. Be willing to listen.

4. What are the characteristics of your ideal teacher? Finding the right teacher for you can make or break your experience. Does the teacher arrive early to set the 'tone' of the room? Does the class feel safe and supportive? Do they come prepared and have command of the room? Do they talk too much or too little? Do you like the tone of their voice? Do they give clear instructions? Do they acknowledge the range of levels present and teach to the students who are there? Is the teacher approachable (you should never feel intimidated)? Do you feel inspired during class or after you've left?

5. Are you working with an injury or health issue? If you have specific concerns, it's important to find an

experienced teacher. In the yoga world, the term "yoga therapist" is used rather loosely and may or may not mean that the teacher has been rigorously trained to assist you in creating a specialized practice that suits your individual needs. **Yoga Medicine is a great resource of teachers who are trained with a deeper understanding of both the tradition of yoga as well as the Western anatomy and physiology.** They can adapt the practice to suit the individual. YogaMedicine.com makes it easy to find a highly trained teacher near you. With this tool, you can review the number and type of teacher trainings that any teacher has completed, reassuring you that the selected teacher has the knowledge and skill to support you. If you are working with an injury or illness, it is crucial to find an experienced teacher to work with. Do your homework and review your teacher's credentials; don't be afraid to contact them and ask questions before committing. Most importantly, you want to find a teacher you feel confident and comfortable with to assist you on your journey to health and wellness.

6. Are you willing to embrace the journey? If you are just starting out, you might not know the answer. Maybe you're still trying to figure out the answer to Question 1. Either way, know this: **the practice of yoga is just that, a practice. It is not goal-oriented but rather a steady journey of self-study and personal discovery that can lead to a new way of life.** It can be a slow journey, but the benefits are potentially life-changing. Are you open to this possibility?

If you come to realize that Hatha Yoga is not for you, there are still five other branches of yoga to explore and many books to consider. These include the yoga of devotion (Bhakti Yoga); meditation and contemplation (Raja Yoga); wisdom, knowledge, and the mind (Jnana Yoga); selfless service (Karma Yoga), and ritual, which acknowledges the sacred in all we do (Tantra Yoga). If you explore any or all of these branches, consider circling back and asking yourself the questions outlined above as you step onto your mat. As often as you ask the questions, the answers may change. Ultimately, you want a style, a teacher, and a path of yoga that resonates with you and leaves you feeling inspired. **JE**



2

Yoga Sequences For Mood Management

BY LINDA MALONE

This sequence relaxes an overly stimulated nervous system by focusing on measured breathing, which directly moderates your fight-or-flight response mechanism.

The key here is to focus on the length of each breath and to settle into each pose, especially lengthening your breath during every transition. It is the perfect antidote to gather and moderate manic and anxious physical and mental states.

Yoga can either calm or excite your nervous system when dealing with life's ups and downs. Both winter and the holiday season tend to intensify both of these states. As the season unwinds, it's important, first, to take a step back and understand what state you are in. Think of yoga as a prescriptive action intended to moderate your stress response and either ground your nervous system or stimulate a low-key mental state.



#1

SUN SALUTATIONS

1. From Downward Dog (A) in the last salutation, step forward into Crescent Lunge (B) and hold for three full inhalations and exhalations.
2. From Crescent Lunge (B), take a twisted variation (C). Bring your palms together in prayer position and twist to the right, connecting the outer left arm to the outer right knee. Hold for three complete breaths before returning to Crescent Lunge (B).
3. Return to Downward Dog (A) and step forward to Crescent Lunge (B) again, this time with your left foot forward. Repeat the sequence on this side.
4. Step into Powerful Pose (D) and hold for three breaths.

Sequence 1



A



B



C



D



IF YOU ARE FEELING LETHARGIC, HAVE LOW ENERGY, OR EXPERIENCE A LACK OF MOTIVATION, then try the following sequence. **It can be practiced once or a few times, depending on how energized you want to feel.**

REPEAT EACH ROUND 3 TO 5 TIMES WITH SLOW AND MODERATED COMPLETE BREATHS

#2

A

TIP: ENERGIZE A BASIC MOUNTAIN POSE BY REACHING THE ARMS OVERHEAD AND LIFTING YOUR HEART SKYWARDS.

IF YOU ARE FEELING ANXIOUS, HOLDING YOUR BREATH, AND HAVE SCATTERED THOUGHTS OR A LACK OF FOCUS, then we suggest the following sequence.

This uplifting sequence increases oxygenation of the blood and circulation of fluids around the spine. **It stimulates the nervous system, creating an energized body and mind.** It is the perfect antidote to the lethargy or sadness, cyclical thoughts, and lack of motivation that are often associated with feeling down.

REPEAT ONE TO THREE TIMES, DEPENDING ON HOW GROUNDED YOU WANT TO FEEL.

1. Begin by standing in Mountain Pose (**A**), taking 5 long inhalations and exhalations.

2. Hinge into a Forward Bend (**B**), either cradling the arms or holding onto the big toes with your middle and index fingers. Take five long inhalations and exhalations here.

3. Plant the hands and step back to Downward Dog (**C**), taking 3 long, full inhalations and exhalations.

4. Move the right knee behind the right wrist for Pigeon Pose (**D**). Hold for 5 full breaths.

5. Step back to Downward Dog (**C**) for 3 breaths and take Pigeon Pose (**D**) on the other side, placing your left knee behind your left wrist. Take 5 long inhalations and exhalations here.

6. Step back to Downward Dog (**C**) and take three deep breaths.

7. Bring your knees to the mat for Child's Pose (**E**). Sit back onto your heels with your arms extending behind you, palms up, forehead resting on the ground. Take 5 full inhalations and exhalations.

“Think of yoga as a prescriptive action intended to moderate your stress response and either ground your nervous system or stimulate a low-key mental state.”

B

C



D

"Yoga can either calm or excite your nervous system when dealing with life's ups and downs."

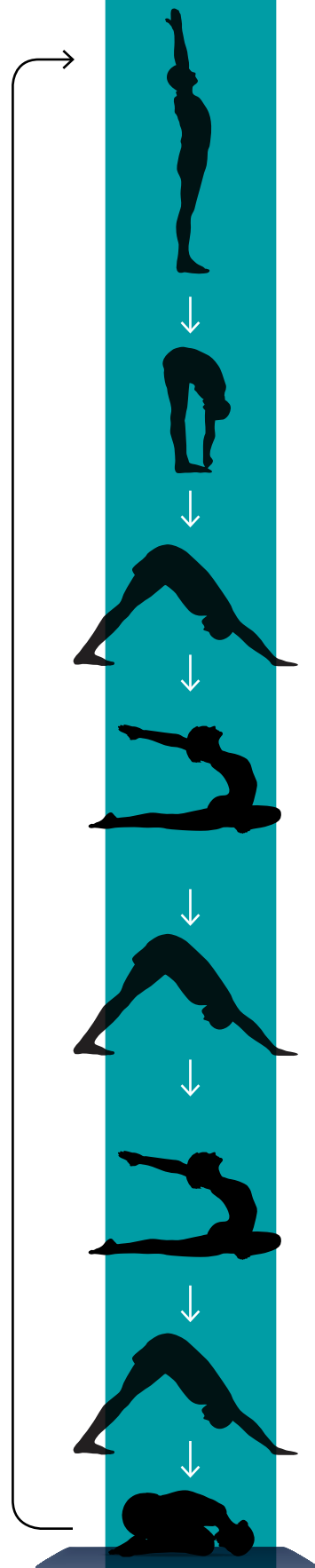


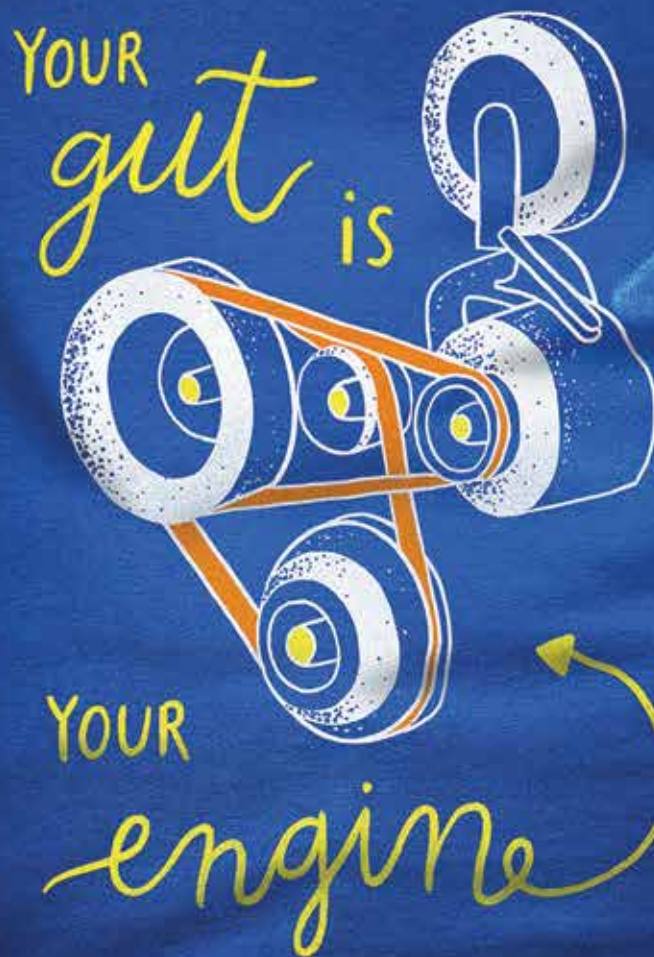
E

TIP: EXTEND YOUR ARMS OVERHEAD FOR A MORE ACTIVE VARIATION OF CHILD'S POSE. **JE**



Sequence 2





Keep it running smoothly with probiotics!

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Ultimate Flora. More power to your gut.





CUT ME OUT AND TAKE
ME WITH YOU!

Feature Pose

DO YOGA

UTKATASANA

BY ERYN KIRKWOOD, MA, RYT500

If squats are known as the king and queen of fitness, then Utkatasana is the mighty prince! Translating to mean “fierce or powerful pose” this common standing *asana* is practiced in the classical Surya Namaskar B and Bikram sequences and is a standard posture in almost any yoga class.

Most of us have heard about the dangers of sitting, with some researchers even calling sitting “the new cigarettes.” The deleterious effect of sitting for long periods is widely cited. Chair Pose, however, is an altogether different story. More akin to an Air Squat, Utkatasana is a powerful pose that strengthens the muscles of the legs, glutes, core, erector spinae of the back, and even the arms and shoulders.

Different traditions practice Utkatasana in different ways. For example, in the Bikram series, the arms reach straight ahead with thighs parallel to the floor. In the Ashtanga

tradition, the arms are raised overhead with the palms of the hands together and the thighs less than parallel to the floor. Postures in Ashtanga are held for just five breaths, whereas other traditions, like Iyengar, typically hold poses for much longer. Explore different versions and notice the difference in your body.

Unlike some yoga postures, this one is brilliantly easy to get into. Bending your knees from a standing position is hardly complicated, but the following subtle cues might notably alter your experience.

Use these cues to fire up your ferocious yoga spirit. Don't forget to breathe!

BRING SOME WEIGHT FORWARD INTO YOUR TOES, AND THEN BACK INTO THE HEELS. SETTLE INTO A MIDDLE SPOT AND NOTICE THE DIFFERENCE BETWEEN ALL THREE. **SINKING INTO THE HEELS ENGAGES THE GLUTE MUSCLES MORE VIGOROUSLY.**

SPREAD THE SHOULDER BLADES APART AND LIFT UPWARDS THROUGH THE FINGERTIPS WHILE DRAWING YOUR UPPER ARM BONES FIRMLY INTO THEIR SOCKETS.

>Modify

If your shoulders are tight, keep the palms together at your heart centre or lower your hands parallel to the floor (rather than overhead). To keep the arms extending overhead, widen the space between them instead of pressing your palms together.

DRAW YOUR BELLY IN TOWARDS YOUR SPINE. VISUALIZE LIFTING YOUR FRONT HIP BONES UPWARDS TOWARDS YOUR RIB CAGE.

Try this! FOR A DETOXIFYING TWIST,

try Parivrtta Ardha Utkatasana. From Chair Pose, bring the palms of the hands together into Anjali Mudra. Press the upper arm against your outer knee to deepen the twist.



SINK YOUR TAILBONE TOWARDS YOUR HEELS. YOU SHOULDN'T FEEL ANY COMPRESSION IN THE LOWER BACK; IF YOU DO, YOU MAY BE OVERARCHING YOUR LUMBAR SPINE AND THIS CAN HELP.

BRING THE THIGHS AS CLOSE TO PARALLEL WITH THE FLOOR AS YOU CAN.

EXTRA CHALLENGE

For an extra challenge, lift your heels to roll the weight forward into your toes. This adds a balance component and will contract your quads like crazy! *ff*

Pick Me Up and Pay It Forward

20 Ways to Make a Difference Without Paying a Cent

BY ERYN KIRKWOOD, MA, RYT500

If you're anything like me, Christmas can be a double-edged sword. The

months leading up to the big day are filled with carols and wish lists, gift ideas and decorations. Big day momentum escalates to epic holiday proportions, ultimately climaxing in one final familial event on December 25th. But when it's all said and done, when the fir tree has dried out and the hydro bills have rolled in, when New Year's Day has come and gone, only the shadows of the season remain: a waistline surplus and a bank account deficit.

Privy to both of those self-invoked post-holiday blues, I was trolling mindlessly through Facebook, passing the time, when I came across something different: one family's recap of a full day spent "paying it forward." The couple and their two kids (aged 6 and 9) spent the day going around the city, doing random acts of kindness for total strangers. Their story inspired me to brainstorm more ways to boost my post-holiday spirits and make a difference--without making a dent.

"Gifts aren't to be paid back. They're to be paid forward."

Eryn is a full-time writer and yoga teacher living in Ottawa. Her alignment-based classes emphasize postural balance and precision as the means to achieve maximum physical benefit and also to guide students towards greater self-awareness. For more writing, inspiration, online classes, and more, go to ErynsYoga.com.

20 Simple [And Free!] Ways to Pay It Forward:

- 1» Post a rave review of a local store or restaurant. For small businesses, word of mouth is everything.
- 2» Clean out your closet. Let go of anything you haven't worn in six months (especially the nice stuff!). Wash, fold, and donate the items to a women's shelter.
- 3» Donate old books to your local library.
- 4» Share good news and inspiring stories. Make smiles go viral.
- 5» Introduce yourself to a new neighbour. Bring a plant or some housewarming dish.
- 6» Fill a colleague's candy jar.
- 7» Stay late. Spend a few extra minutes with a student, a loved one, a friend, your boss, a colleague, or a friendly stranger. Your time is a unique gift that only you can give!
- 8» Tuck uplifting post-it notes inside library books or behind windshield wipers. This small gesture can turn someone's day around.
- 9» Leave coupons you won't use on community boards for someone else to enjoy.
- 10» Read a book to a senior citizen who lives alone.
- 11» Lend something to someone and forget about it.
- 12» Send a thank-you card to someone who has inspired you. Tell them how they've influenced your life.
- 13» Leave a good book in a coffee shop for someone else to discover.
- 14» Listen to a friend with rapt attention. Turn your phone off.
- 15» Bake a treat for your friend's pet. Yes, their pet! Pets are kids to animal lovers.
- 16» Compliment the first person you see today, and mean it.
- 17» Play chauffeur for a day. If you know someone who doesn't drive, offer to take them for groceries or to run errands.
- 18» Bring healthy homemade treats to the office.
- 19» Scrape your neighbour's car windows or shovel their driveway—anonymously.
- 20» Put someone's grocery cart away for them.

BONUS: These two might cost more than a cent, but their impact on both parties is immeasurable:

- 1» Bring a hot drink to someone who is canvassing or say yes to the cashier who asks for \$1.
- 2» Buy a homeless person a coffee. Sit with them and learn their story.

Reset your bank account and refuel your spirit by paying it forward!

Breathe In, Seethe Out

Meditations on The Donald

BY BONNIE LYNCH

ILLUSTRATION BY JASON HORNING

IF YOU TAKE A LOOK SOUTH OF THE BORDER, YOU MIGHT NOTICE THAT DOWN HERE IN THE US WE'RE HAVING A LITTLE ... UMM ... DIFFICULTY SINCE THE PRESIDENTIAL ELECTION. Okay, we're having

chaotic, fire-spewing, tooth-gnashing kind of hell, and public spectacles that would have been rejected by reality TV for being too far-fetched are now a daily occurrence. Dear neighbour, I apologize for all the ruckus down here, and I wouldn't blame you if you felt obliged to bang a broomstick on the floor to get us to quiet down.

What's a spiritually inclined person to do when the world flips on its axis overnight? I head to my meditation cushion to consider this question.

I breathe deeply in and out. I open my heart to all sentient beings, including Donald Trump and his supporters **(EVEN WHEN THEY STATE THEIR VIEWS IN ALL CAPS and use way too many exclamation marks!!!)**.

I recite the mantra, "May all beings have happiness and the causes of happiness (because then they won't use so many CAPS and exclamation marks and might someday let me have healthcare again)."

I catch myself digressing, and I begin once more. Breathing in, I remind myself that every single being started out as a tiny, helpless baby. No one was born a racist, or a woman-hater, or a mocker of disabled people; habits of hate and greed and bad hairdos are learned, not innate. Breathing out, I vow to double my efforts to see this man as simply a product of all the forces of the universe that made him. For a few breaths, I think I'm getting there. I feel a glimmer of sympathy for the little boy who must not have been hugged enough (or perhaps had a highly paid but ineffectual surrogate hugger hired for him). I see his adult face, full of fury, as the face of that unloved child, still crying for attention.

But alongside all my angelic intent, there are little devils on my shoulder with appropriately devilish retorts to my every benevolent concession.

ANGEL: "He's a sentient being who, like me, only wants to be happy."

DEVIL: "He's a Cheeto-coloured embarrassment."

ANGEL: "Everyone has good qualities."

DEVIL: "Even the Pope doesn't like him. C'mon, it's the Pope!"

ANGEL: "Resentment is like taking poison and waiting for your enemy to die."

DEVIL: "Does alcohol count as poison? Because I could really use a drink right now."

I've been practicing like this for months, and so far I can't get them to agree, the angel and the devil. They both live inside me, and they both have valid points. Some days the devil seems to have the upper hand, but that's why it's so important to keep summoning the angels. **SE**

*No one was born a racist, or a woman-hater, or a mocker of disabled people; habits of hate and greed and bad hairdos **are learned, not innate.***





1.

No matter how many times you've heard how beneficial the lotus posture is for balancing your chakras, you should be aware that in all likelihood, sitting this way in meetings will distract your colleagues from the substance of your PowerPoint presentation.



2.

The same loose-fitting, natural-fibre clothing that ensures ease of movement and protects modesty in a yoga class signals "Societal Refugee" when worn to work. Similarly, odds are ten to one that your coworkers would rather not see you barefooted, especially if you are wearing toe separators.



3.

Furnishing the office break room with a continuous loop of Jai Uttal's Greatest Hits will not produce the soothing atmosphere you seek for your team. Remember, if your colleagues wanted to feel calm, relaxed, and content, they wouldn't have come to work.



4.

Under no circumstances should yoga poses be used as icebreakers at company events. To do so could result in injury, aggravation, and even extreme apathy. Bear in mind that, for the most part, your colleagues haven't been asked to imitate trees, dogs, or mountains since they were approximately three years old, and they don't want to start now.



5.

The expression "Namaste" should not be used as a generic greeting. For your Spanish-speaking coworkers, it is easily misinterpreted as an order for "just tea." For everyone else, it's simply annoying. It's safe to say that unless your job title is Professor of Sanskrit, you should keep such phrases to a minimum.

IT'S UNDENIABLE THAT MILLIONS OF PEOPLE ALL OVER THE WORLD ARE BENEFITTING FROM PRACTICING YOGA. It's also undeniable that some of them are, unwittingly or otherwise, irritating the bejeezus out of the rest of us by bringing their yoga-related rituals and habits into their workplaces. To help you avoid this embarrassing social blunder, I've compiled these five tips, which you should immediately tape to that "Om" poster on your office wall, lest you forget:

Shop Talk

Off the Mat and Into the Office

BY BONNIE LYNCH

Here's an analogy to drive my point home. Your coworker Jason loves to bowl. He's in a bowling league that plays every Tuesday night, and he hits the lanes on Thursday nights, too, just because he loves the game. So on Wednesday and Friday mornings, Jason's got a twinkle

"For the love of Ganesha, try to be more like Jason."

in his eye and a spring in his step because he's spent the previous evening doing something that enriches his life. But he doesn't wear his bowling shoes to work, and he doesn't use obscure bowling metaphors to talk about the project you're working on together. For the love of Ganesha, try to be more like Jason. Your work mates will thank you for it. **SE**

BONNIE LYNCH

With a PhD in psychology from Yale University, Bonnie is on a mission to find the best insights the field has to offer and to share them with the world. Her online courses, Life Beyond Fear blog, and guided meditations bring you the very best in psychology and related disciplines—in plain English and ready to use! DrBonnieLynch.com



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