

# what's hot



## NICE & SPICEY

Herbal Teas from San Francisco Herb & Natural Food Co. 24 tea bags in tea envelop with string tag, available in the following blends:

\*Chamomile Tea: Put a hectic day behind you and find a calmer place and time with this delicious tea.

\*Hibiscus Punch Tea: Treat yourself with this tasty, fruity blend and have a delightful day.

\*Lemon Mint Tea: This fresh, smooth blend will make you feel like a pleasant summer day.

\*Rooibos Tea: A full flavored red tea, rich in Anti-Oxidant properties, Rooibos keeps your daily tasks going strong.

*Suggested Retail: \$1.90/box of 24 tea bags with envelop  
Wholesale: \$20.40/case of 12 or \$1.70/box*

## PERFECT PILATES

Connect your mind, body and soul with STOTT PILATES®. Relax and refresh with a unique workout series of DVDs entitled Pilates-Infused™ Yoga featuring poses based on the ancient eastern traditions of Yoga coupled with the contemporary stabilization principles of STOTT PILATES® exercise. Blending the best of both Yoga and Pilates into a gentle sequence of stretching, breathing and relaxation – experience a fusion workout that leaves you feeling toned, centered and confident. Challenge your upper body, lower body and torso while increasing your strength, flexibility and stamina. Modifications, visualizations and clear cueing help motivate as you invigorate the body and quiet the mind.

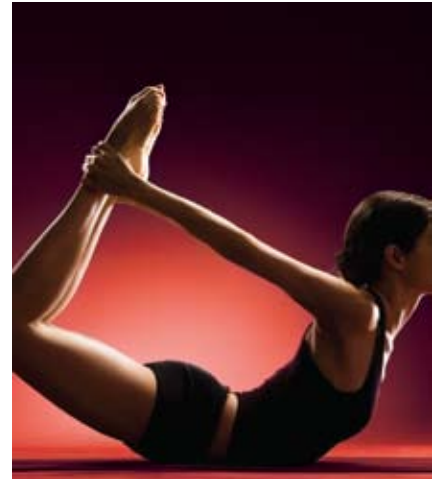
*For more information, visit [stottpilates.com](http://stottpilates.com)*



## THE PUREST TRAINING

Renowned in Asia and voted “Best Yoga” by New York Magazine in 2009 and 2010, Pure Yoga has become the premier international yoga brand. In 2010, Pure Yoga is bringing its signature Teacher Training program to Equinox; the program is the ultimate introductory yoga training. Led by Pure Faculty, esteemed Equinox instructors and guest presenters in our thoughtfully-designed Equinox studios, the Pure Yoga Teacher Training offers a great way to deepen your yoga practice and learn to share yoga as a teacher or a more enlightened practitioner.

*Learn more at [equinox.com/teachertraining](http://equinox.com/teachertraining)*



## MATS THE WAY WE DO IT!

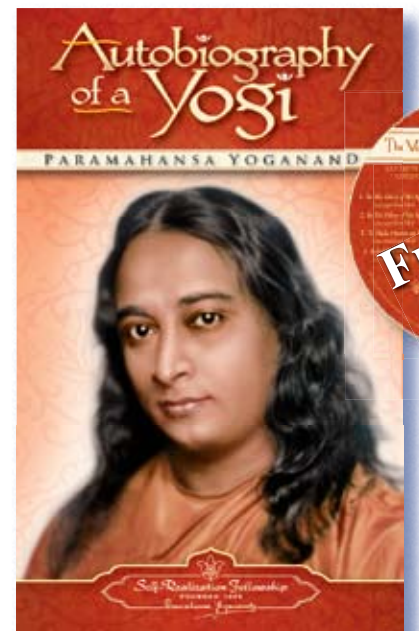
Pranamats is a wonderful tool for self-healing, relaxation, and revitalizing that restores the energy flow of your body by combining ancient wisdom with modern technology. If you often feel a lack of energy, have nagging pain caused by stress, tension or chronic illnesses, or are practicing sports and yoga regularly, Pranamats is a perfect tool for you! By using Pranamats for approximately half an hour 3-4 times a week, you will give your body a chance to gain more energy and alleviate pain created by stress and tension. Pranamats uses acupuncture methods to ‘wake up’ your body and direct blood flow to the organs that need it the most. Thus, by simply lying down on our modern “bed of nails”, you give your body a chance to heal itself and regain energy. By aligning the energy flow through your body, you will also help your mind to gain balance and harmony, and open a path to harmony and inner strength. Our team of Yoga teachers and professional designers have given their maximum effort in creating a product that is safe and comfortable to use, as well as beautifully designed from natural materials pleasant to touch and see.



## THE YOGI, THE BOOK, THE VOICE

Paramahansa Yogananda’s iconic image on the cover of *Autobiography of a Yogi* is familiar to many readers. Perhaps less well known is that his spiritual legacy includes a number of rare, informal audio talks. A free sampler of some of these talks was released on CD by Self-Realization Fellowship this spring, and is now included in every copy of the new trade paperback edition of *Autobiography of a Yogi*. Recovered from wire recordings and painstakingly restored, these talks give us a first-hand feel for the distinctive energy, devotion and personality of this illumined master who is often referred to as “the Father of Yoga in the West.”

*Autobiography of a Yogi, Quality paperback with bonus CD \$12.50. At bookstores everywhere or from [srfbooks.org](http://srfbooks.org)*





### A COOKING DELIGHT

Stolor's Organic Sunflower Oil is a versatile mid-oleic that is 64% monounsaturated fat, which is known for raising the HDL (good cholesterol) levels in the body. It is also low in saturated fat and very high in Vitamin E. Organic Sunflower Oil is a delicious and healthy light cooking and salad oil with a clean, ever-so-subtle nutty taste. Sunflower Oil is perfect for summer salads, dipping oil and sautéing.

### CRYSTAL MASTERS

Relax. Repair. Rejuvenate. For all the reasons you love crystals, our amazing selection will delight your taste and your budget! For more than a decade we've worked intimately with stones as Reiki Masters and Crystal Intuitives, valuing both the importance of healing energy and the desire for aesthetic appeal. That's why every piece we offer is hand-selected and includes a unique energy reading and individual photographs so you can order with confidence. We provide convenient payment options and ship worldwide. Discover our stunning collection of earth's treasures along with an array of healing services and workshops.

Visit us today at [tosots.com](http://tosots.com)

### THE NATURAL LOOK

Whether you're a man or woman, thinning hair loss takes a toll on your self esteem and sense of well-being. Dr Klein, MD has developed topical hair growth products for men and women that work in harmony with natural hair growth cycles. Dr Klein's hair growth products differ because they use FDA approved ingredients effective for promoting natural hair growth. Dr Klein combines his topical formulations with absorption enhancing compounds that deliver active ingredients directly to areas where they are needed most.

For a FREE, private, no obligation consultation, call Dr Klein 1 800 994-2474 or visit: [hairgrowthmd.com](http://hairgrowthmd.com)



# Summer

## ORGANIC HAIR CARE

NearlyNatural® offers a full line of organically based hair care and certified organic soaps to replenish the hair and skin with natural beauty and shine. Our certified USDA approved organic soaps are hypoallergenic and feature certified organic vegetable oil bases, certified organic herbs, spices and grains, aroma therapy essential oils and herbal extracts. All NearlyNatural® hair products are pH balanced including organic herbs and oil sources that enhance softness and rejuvenate while providing optimal protection, hydration, and restore damage from chemicals and the environment. The NearlyNatural® line of pH balanced hair care products keeps both the scalp and hair healthy.



## THE ESSENTIAL FESTIVAL

Bhakti Fest 2010 is a four-day music festival celebrating devotion through chanting, yoga, meditation and community, taking place on September 9-12, in Joshua Tree, California. Held in the magical high desert at the Joshua Tree Retreat Center, festival goers will enjoy music by notable kirtan performers including Krishna Das, Jai Uttal and Deva Premal & Miten and yoga classes from top instructors including Shiva Rea, Duncan Wong and Seane Corn. Don't miss a pre-festival yoga intensive with Shiva Rea on September 8, 2010 and post-festival yoga intensives with Saul David Raye and Darren Rhodes on September 13th, 2010. Join us! [bhaktifest.com](http://bhaktifest.com)



## FANTASTIC FLEX-FIV

What do you want against your skin? Scratchy, stinky synthetics? Of course you don't! Thriv brings you flex-fiv natural performance technology—a blend of organic cotton and bamboo, delivering unparalleled performance for your practice. Flex-fiv clothing features five key benefits: moisture wicking, comfort, odor resistance, breathability, and UV protection. Stay comfortable and push harder, naturally. Check out these styles and more at [thrivnp.com](http://thrivnp.com). Focus on the pose, and not your clothes.



# Beauty!