

YOGATM MAGAZINE

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LOVE, JOY & HOPE!

3 FIELDS OF BREATH

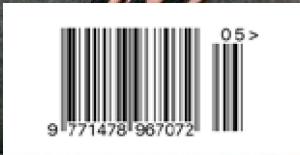
SAVE SOIL *with* YOGI *śādhguru*

yoga *with* Your Child

5 STEPS *to* FIND CALM

FERTILITY YOGA FOR COUPLES

GROUNDING TECHNIQUES



UK £5.75

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Enlightened Dog

Training - Become the Peaceful Alpha Your Dog Needs and Respects

Do you want to have a calm and relaxed pooch? A complete guide to raising and relating to your pet in a mindful way that leads to calm, intuitively-obedient dogs.

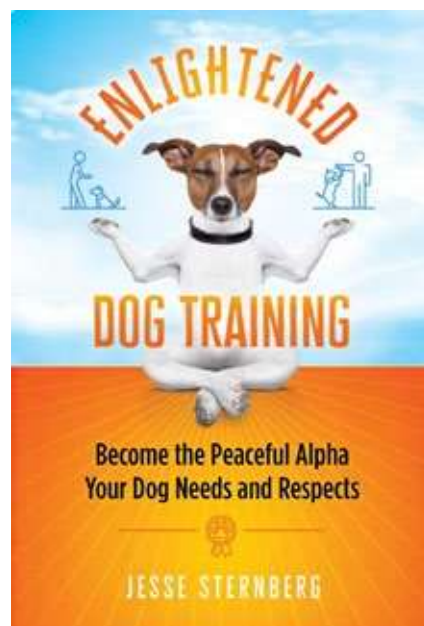
'*Enlightened Dog Training*' offers unique training techniques for soothing anxiety, healing neuroses, overcoming aggression issues, and transforming tension into harmony. Communicate non-verbally with your dog using the signals dogs use with each other and address problems with leash training and guarding resources and territory.

In this book, Jesse Sternberg reveals the principles of the secret language of the animal kingdom and offers

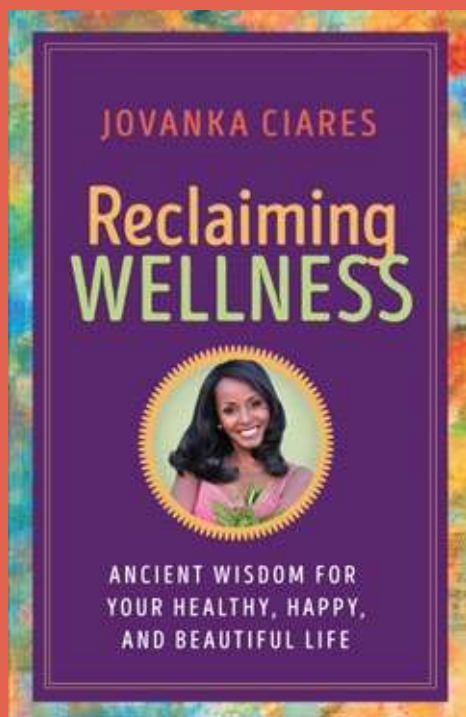
common-sense yet unique solutions to everyday canine behavioural problems. Using case studies that resonate with every pet owner and dog lover, he explains how most of our pets' issues arise from intense feelings caused by the environment, ourselves, or prior conditioning and how these emotions are acted out by the dog.

In this book, Jesse teaches us that through increasing our awareness and expanding our consciousness, we can become the peaceful partners our dogs have been seeking. His easy-to-follow lessons and supportive meditations further lock in his teachings.

Price: \$9.99
Available at Amazon



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Reclaiming Wellness

Ancient Wisdom for Your Healthy, Happy, and Beautiful Life

If you've ever felt left out of "elite" healthcare regimes or thought that being healthy shouldn't be expensive, this book is for you. '*Reclaiming Wellness*' highlights the multicultural roots of a wide variety of popular health trends and shares them to promote solidarity and inclusivity. The book includes fascinating historical context for wellness practices like herbalism, meditation, visualisation, hypnosis, yoga, plant-based eating, sound healing, and more. Jovanka Ciales speaks to everyone, with an emphasis on the people of colour who struggle disproportionately with

preventable diseases, to offer: ways to experience nature, music, and community to heal and connect. It brings you back to the heart of health and healing through culture; offers practical, affordable, and even fun ways to incorporate plant-based whole foods into even the most time-crunched routine; and a lazy-proof means of movement that feel more like self-love than the dreaded exercise.

Price : £16.11
Available at Amazon, Barnes & Noble, Indie Bound