

# yoga

JOURNAL

Find freedom  
from anxiety  
7 calming poses

## WINTER HEALTH

10 poses to  
boost  
immunity

Uncover your true self  
in **meditation**

How to **move**  
**through fear**

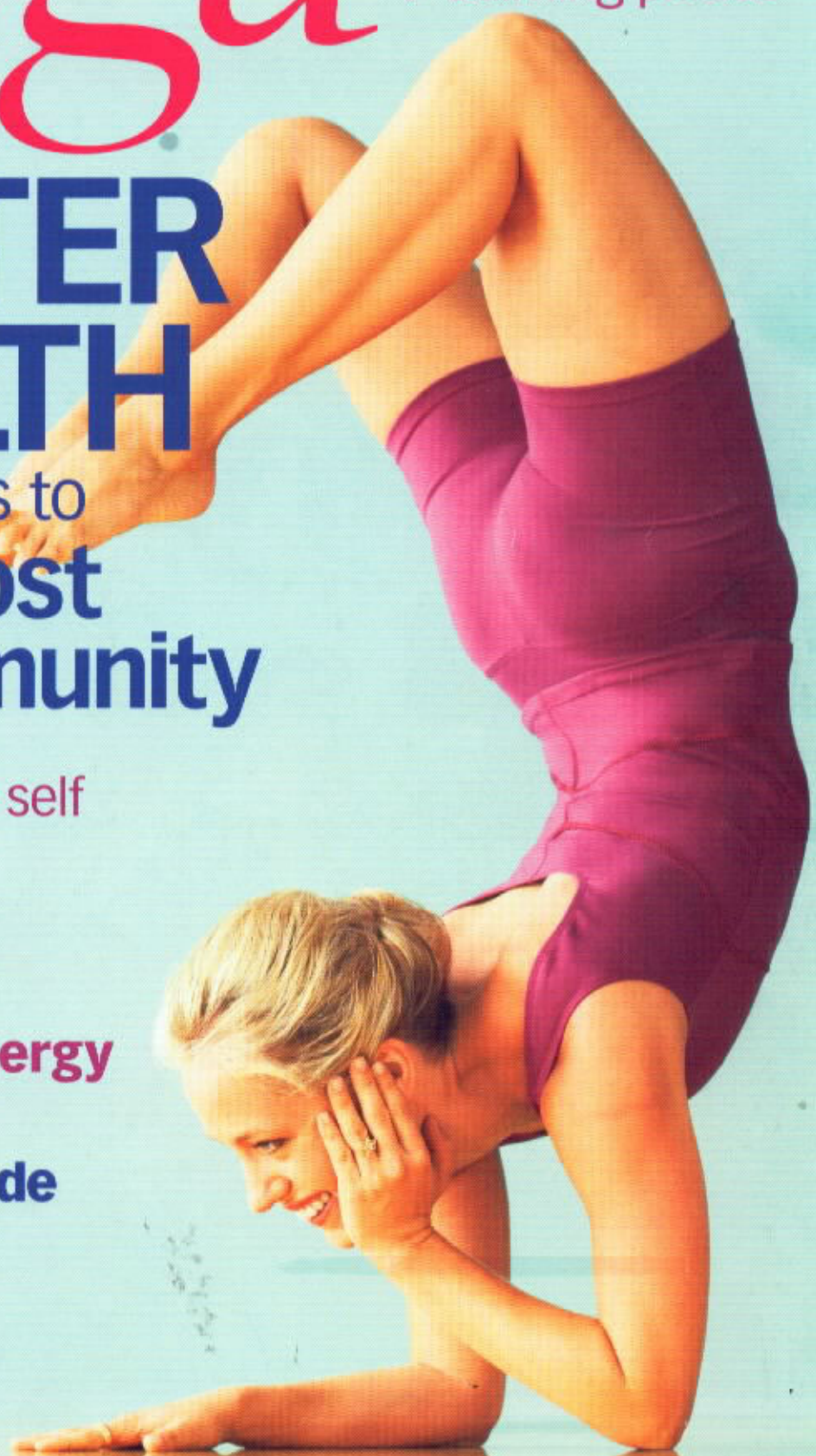
**Balance your energy**  
in Bridge Pose

**Practice gratitude**  
sleep better



**PLUS** GIVE FROM THE HEART: 12 YOGIS SHARE GREAT GIFT IDEAS

YOGAJOURNAL.COM DECEMBER 2008 HEALTH FITNESS FOOD MEDITATION HOME WORK NATURE RELATIONSHIPS SPIRITUALITY





## well wrapped

These natural-fiber designs will keep you cozy after class.

- 1 LOUNGING AROUND** The comfy cotton Sara Sweatshirt (\$139) by Rebe ties on the side and has a bright contrasting hood, *myrebe.com*. The supersoft Pure Bamboo Duster Wrap (\$78) by Viva Terra can be draped, tied, or wrapped, *vivaterra.com*.
- 2 SCARF STYLE** Cover your head and neck with one stylish garment. The bamboo and cotton blend Vedanta Hooded Scarf (\$75) by Song is lightweight and versatile enough for all winter weather, *songresort.com*.

- 3 COZY CARDIGAN** Looking for a cute, casual outer layer? Button up this cotton One Button Hoodie (\$150) by Indigenous Designs, *indigenousdesigns.com*.
- 4 SOFTLY ELEGANT** Wrap up in this silky cotton Serenity Shawl (\$88) by Natural High Lifestyle, *naturalhighlifestylestore.com*. The Cardigan with Pockets in chainette wool (\$498) by Eileen Fisher looks sophisticated and feels like your favorite blanket, *eileenfisher.com*.