

RODALE'S

# yogalife

mind, body—get it together!

NEW!

## Make Over Your Body

- 8 Perfect
- ▶ Lean Legs
- ▶ Sexy Abs
- ▶ A Firm B

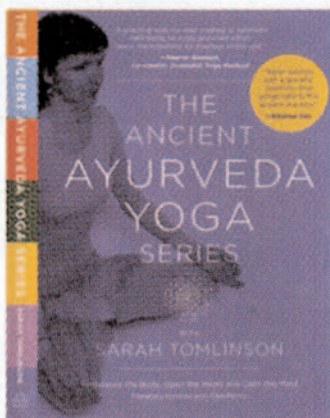
**Banish Belly Fat**  
 Flab to fab in **3 weeks**

**NEVER Get Sick Again!**

INSTANT ZEN

More **EN**  
 Less Str

Be More  
 How to boun



**FOR MORE ADVANCED**  
 The Ancient Ayurveda Yoga Series with Sarah Tomlinson  
[ayurvedayoga.institute.com](http://ayurvedayoga.institute.com); \$30

Thanks to this DVD, our advanced tester can now do Peacock—a crazy-hard arm balance that looks impossible. Choose between 75 minutes of yoga or three shorter sessions. Tomlinson, a soft-spoken Brit, will put you into savasana so many times you'll truly learn what it takes to master real physical challenges. Twenty-one poses are specifically choreographed in three groups of seven, taking you through a relaxing, then harmonizing, and finally energizing sequence.



**7**  
 Healthy Comfort Foods Made Easy

FREE DVD



RODALE WOMEN'S SPECIALS  
 DISPLAY UNTIL JANUARY 2, 2007