

Yoga With Paul

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Best of the (other) Blogs

Ideas & inspiration & more

Ten gluten free superfoods

"There are scarce few foods we'd really consider super, but these ten definitely make the cut. Packed full of vitamins and minerals, these nutritiously dense little gems are perfect for those cutting gluten from their diet. They'll help make sure you're getting everything you need to stay healthy and WONDERFUL! Here's how to add them to your diet."

[Click here to continue reading](#)

Keep your New Year's resolutions

Mobile apps offer powerful new ways to stick to New Year's Resolutions. People carry their smartphones with them everywhere, which means they constantly have a personal trainer, task reminder, life coach, and budget-tracker within arm's reach. Here is a list of 10 ways your smartphone can help you actually keep your 2015 New Year's Resolutions.

[Click here to continue reading](#)

'Yoga Diaries' inspirational stories

"I can't explain what it feels like to be broken down and built back up all in one breath, but I know how it *feels*... just that. Chakras, chanting, Ayurveda—my whole world was opening up and it felt right. I felt as if I had tangible words to describe things I had felt my whole life."

[Click here to continue reading](#)

Welcome!

To the **Yoga With Paul January** newsletter...

Welcome to the first Yoga With Paul newsletter of 2015. I hope you have all had a wonderful January. Whether you've been recovering from the festive season, pursuing new goals, or simply enjoying your daily routine, I hope you've found inspiration in the blog.

Looking back on the month, I wrote about [Putting Yoga into Practice](#), Gluten-free eating in London, yoga for strong ankles, using Pranyama to fight anxiety, plus the importance of joy.

Please feel free to share the best bits of Yoga With Paul in this newsletter. Download it, forward it, post it on the notice board at work or otherwise share the good yogi vibes.

Your feedback and questions are always appreciated!

Namaste,
Paul ☺

Follow [Yoga With Paul](#) by email or [@YogaWithPaul](#) on Twitter.

Yoga With Paul Recipe of the Month:

Try this fabulous twist on a favourite dip: [parsnip hummus!](#)

YWP Popular Post – Spread Love with Yoga:

The most-viewed post of the month was on [Best Yoga Books](#). A great topic and lots of informative, inspiring books for you to browse through and explore in the coming year.

**"PERHAPS YOU SEEK TOO MUCH...
AS A RESULT OF YOUR SEEKING YOU
CANNOT FIND."**

~ HERMANN HESSE

Yoga Holiday With Paul

Stay tuned to the blog for information
on next year's holiday!

<http://yogawithpaul.wordpress.com/>