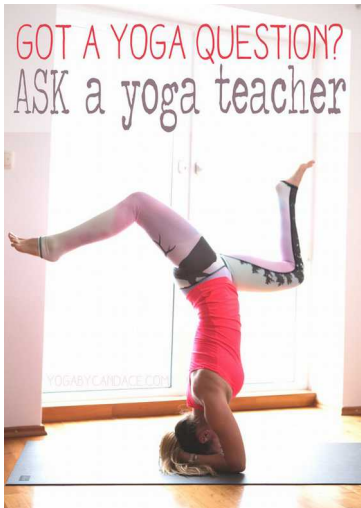


Yoga With Paul

31 MARCH 2015

Vol. 2 Issue 3



Best of the (other) Blogs

Ideas & inspiration & more

Being versus doing

"In our culture, most people spend too much time in 'doing' mode and not enough time in 'being' mode. In being mode, you have a chance to let go of the usual, habitual patterns of the mind and drop into the calm awareness that is always present (even though you may not notice this, or be in tune with it)."

[Click here to continue reading](#)

Vegan chocolate chip cookies

A scrumptious cookie dough recipe inspired by my love of all things gooey, chocolatey and comforting. Vegan, refined sugar free and nut free!

[Click here to continue reading](#)

London: Recommended

Starting from this month, I'll be recommending one or two London attractions, events, etc. Please feel free to email or Tweet your suggestions!

Amibo Bio Vegetarian Restaurant

Authentic, delicious Italian food. Amico Bio has branches in Holborn and Barbican. Its menu is sourced from ingredients fresh from the chef's family farm in Capua, Italy.

[Click here to visit Amico Bio](#)

Welcome!

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

It's been another busy, wonderful month. I'm thrilled to have been able to interview two brilliant women: [Mel Klein](#) of Yoga and Body Image and osteopath [Monica Blackburn](#). If you missed those blog posts please click on the links for insights into yoga, healing and wellness.

The Yoga with Paul blog is for you. I always welcome interaction and questions. If you know of any brilliant, inspiring people I should interview or connect with please let me know!

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:

Scrumptious high-protein snack: [baked tofu with peanut ginger sauce](#).

Popular Post of the Month:

Lots of hits on '[Your Yoga/Nutrition/Life Questions](#)' but no questions yet! Don't worry, it's not too late to pop over and post your query or comment for me to answer.

**"PATIENCE IS BITTER,
BUT ITS FRUIT IS SWEET."**

~ ARISTOTLE

Yoga Holiday With Paul

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

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