

Yoga With Paul

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Best of the (other) Blogs

Ideas & inspiration & more

The cost of losing weight

"Losing weight and money for me are inextricably linked. But that might not be entirely my fault. Billions of dollars every year are spent on people trying to lose weight. There is an industry that has long linked the pursuit of health with the ability to spend money on it."

[Click here to read more](#)

Easy home/office yoga moves

"Sometimes it's the little things that can make a big difference, doing little things on a consistent basis. And encouraging movement throughout the day is good for you, too. "It makes you think of yourself and your health first once in a while."

[Click here to read more](#)

London: Recommended

Please **email** or **Tweet** suggestions!

Artisan Gluten Free Bakery

Gluten free bread even gluten-eaters will fall for. Absolutely fantastic homebaked loaves and sweets, plus GF versions of classics like lasagne and fish & chips.

[Artisan Gluten Free Bakery](#)

Welcome!

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

What have you been doing with these glorious hot summer days? London has felt (just a bit) like the Med and it's been a joy to walk, cycle and just hang out in the city. Sunshine definitely brings out the best in people's moods and is another reason to be grateful. It's been a busy month in the studio too -- there is nothing like looming holiday to get motivated to take a few extra classes!

Share **#YWP**: Download the newsletter, forward it, post it and spread the good yogi vibes. Your comments, Tweets, and questions welcome!

Namaste, Paul ☺

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

Yoga With Paul Recipe of the Month:

Delicious, cooling, balancing seasonal food was a hit this month. It's not too late to try this [cucumber herb and potato salad recipe](#).

Popular Post of the Month:

Skincare is about more than SPF. The YWP popular post of the month featured [4 Skin Protecting Foods](#) to fight sun & environment damage.

Bikram Holiday 2016 Memories

Share your memories from the Yoga Holiday With Paul 2016 retreat in the [comments here!](#)

**"YOU ARE NEVER TOO OLD TO SET A
NEW GOAL OR DREAM A NEW DREAM"**

~ C.S. LEWIS

Yoga Holiday With Paul

*Our annual adventure in hot yoga, Vinyasa flow, moving meditation
and exuberant dancing on the shores of the Med!*

Queries or bookings email: YogaHolidayWithPaul@gmail.com