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your appetite

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3 fabulous recipes

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inside on pg12

LOVE

your body

R15 (incl. VAT)
October 2014

Offers valid from Wednesday 1 October until Friday 31 October '14.
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We reserve the right to limit quantities. E&O.E.

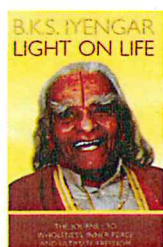


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Book REVIEWS

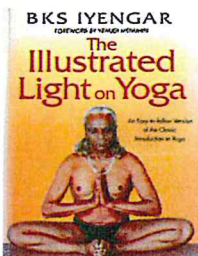
We couldn't resist featuring two of BKS Iyengar's books in memory of a man who had such a huge impact on the world through yoga. Although Iyengar died on 20 August 2014 at the age of 95 he lives on through his teachings and his books. We also feature two local books, the first on HIV and Aids and the second on traditional cooking flavours and traditions from Cape Town.



**Light On Life:
The Journey
To Wholeness,
Inner Peace And
Ultimate Freedom**
by B.K.S Iyengar
(Rodale)

This book is the type of book you keep permanently on your bedside to refer to again and again. Using yogic teachings, it is filled with wisdom for life, and with encouragement and instruction guiding you towards a more peaceful existence.

"Yoga allows you to achieve a sense of wholeness in your life, where you do not feel like you are constantly trying to fit the broken pieces together. Yoga allows you to find an inner peace that is not ruffled and riled by the endless stresses and struggles of life." Iyengar has a warm and witty way of explaining the philosophies underlying yoga.



**The Illustrated
Light On Yoga**
by B.K.S Iyengar
(Aquarian)

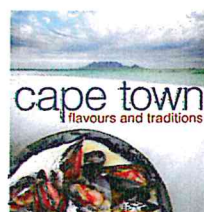
This is a concise edition of the original

book Light on Yoga. It is a straightforward and comprehensive introduction for the yoga beginner. With 150 photographs, 57 key postures are demonstrated. Learn how to still the mind through the breathing exercises and techniques. Refer to the full glossary of yoga terms for quick easy referencing. Throughout his life Iyengar has had several million students and established centres throughout the world.



**The Deadly
Seducer**
by Cindy Pivacic
(Aid my Journey)

Anyone who publicly announces a positive HIV status has to be brave. Cindy has written a detailed story of how she came to contract HIV and Aids. She hopes to give others in the same situation the courage to feel comfortable enough to disclose their status and those in doubt to get tested. Cindy has been featured on Carte Blanche and presents talks and workshops on living positively with HIV and Aids. The book sells for R150, to purchase a copy, email cindypivacic.co.za or log onto www.cindypivacic.co.za.



**Cape Town
Flavours And
Traditions**
by Sophia Lindop
(Jacana)

Let Sophia Lindop take you on a recipe journey from Guinea Fowl Samosas, Naartjie Granita and Slaphakskeentjies to Pumpkin Fritters, Roly-Poly Pudding and real traditional favourites like Milk Tart and Waterblommetjie Bredie. Her small format book starts off with stories of spices, of topography, the Cape Malay and more. It has information on foraging and preserving, on braaing and many of the idiosyncrasies of the South African diet. Countless recipes cover all the favourite traditional dishes, especially those from the Cape. 🌿

"How can you know
God if you don't
know your big toe."

B.K.S Iyengar