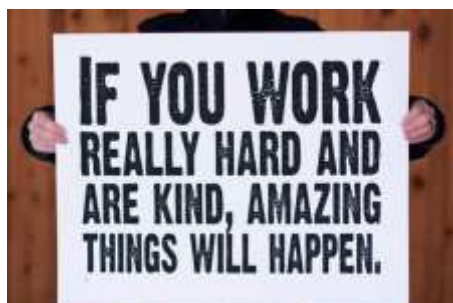


Yoga With Paul

1 May 2014

Vol. 1 Issue 4



Best of the (other) Blogs Ideas & inspiration & delicacies

The power of kindness

“So here’s something I know to be true, although it’s a little corny, and I don’t quite know what to do with it:

What I regret most in my life are failures of kindness.

Who, in your life, do you remember most fondly, with the most undeniable feelings of warmth?

Those who were kindest to you, I bet.”
[Click to continue reading](#)

35 things to do instead of spending money

London is an expensive city and it is easy to get caught up in the work/spend/work cycle. If you want to break out here are some great tips for free, life-enriching activities. [Click to continue reading](#)

Mango and cashew smoothie

“This mango and cashew nut smoothie is my absolute favourite at the moment.. The mango and banana blend together to make something incredibly sweet and creamy, the spinach blends in subtly to add tons of goodness... cashews to increase the thickness and also to boost my protein so that I’m energised all day.”
[Click to continue reading](#)

Welcome!

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

This month I’ve been thinking a lot about how we learn and how yoga can help our physical, mental and emotional development.

When you go into the Bikram studio you learn a set of physical poses and techniques. You also learn how to listen, how to concentrate, how to meditate, how to be with people, how to calm your mind.... Even if you’re not conscious of it, these skills become part of your daily life.

One aim of the newsletter is to wrap up the best bits of Yoga With Paul into a neat package that you can easily download, forward, post on the notice board at work or otherwise share the yoga learning.

~Your feedback suggestions and questions are always appreciated!

Namaste,
Paul ☺

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

Yoga With Paul Recipe of the Month:

Tasty, unconventional [Easter eggs](#) were my recipe of the month. Luckily you can enjoy these vegan, gluten-free, sugar free chocolate treats any time of year!

YWP Popular Post – Bikram for Relationships:

This post got the most page-views ever for a YWP blog!
[Click here to read ‘Bikram Yoga for Better Relationships’](#)
Has Bikram transformed how you relate? Please comment!”

**“I AM ALWAYS DOING THAT WHICH
I CANNOT DO, IN ORDER THAT I MAY
LEARN HOW TO DO IT.”**

~ PABLO PICASSO

Yoga Holiday with Paul 2014

Our annual yoga retreat in the Algarve is approaching! Have you signed up yet? If you want to deepen your practice, spend time with like-minded yogis, enjoy amazing food, weather and surroundings, then this is for you! Spaces are very limited. If you have questions please contact me.
Info and registration at <http://yogawithpaul.wordpress.com/>