

# Yoga With Paul

31 MARCH 2016

Vol. 3 Issue 3



## Best of the (other) Blogs

Ideas & inspiration & more

### Try Warm Vinyasa Flow

A 60 minute session of fast-paced yoga, in a lower temperature than hot yoga.

- Set standing & floor sequence to uplifting music
- Vigorous and challenging yoga for with meditation practice
- **Suitable for:** all levels from beginners to advanced.
- **Perfect for:** a fast-paced, holistic, hot yoga workout

[Click here to book at Hot Yoga Society](#)

### Holistic Spring Cleaning

"Use the arrival of spring as a gentle reminder to de-clutter our homes and rethink the patterns of consumption that invited the clutter there in the first place."

[Click here to read more](#)

## London: Recommended

Please **email** or **Tweet** suggestions for your favourite London sites and treats!

### Ethos Restaurant

Chic, self-serve health food with a wide array of delicious veggie, vegan and gluten free salads and hot dishes.

[Ethos Foods](#)

## Welcome!

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

Spring has arrived in London. With the time change bestowing extra daylight and the mild air it is the ideal time to get out more. Check out the excellent [Vogue 100 Years of Style](#) exhibit at the National Portrait Gallery. Try out a new yoga class or studio, or make a [home yoga space](#). Whatever you do -- keep practicing, eat well, and enjoy life!

Share Yoga With Paul: Download the newsletter, forward it, post it at work and share the good yogi vibes. Your comments and questions are always welcome!

Namaste,  
Paul ☺

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

## Yoga With Paul Recipe of the Month:

Try this delicious, healthful, eat-any-time [gluten free banana bread](#). Ideal for a restorative snack, breakfast or treat.

## Popular Post of the Month:

Ever wondered [what your favourite yoga pose says about you?](#) Reread this to blog to discover about how your yoga pose preference influences your practice, and can help you grow.

## Bikram Holiday 2016: Turkey & Portugal

Learn more about our two [Yoga Holidays with Paul](#) in 2016!

**"MY EXPERIENCE IS WHAT I AGREE  
TO ATTEND TO."**

~ WILLIAM JAMES

## Yoga Holiday With Paul

Save the date(s): *Yoga Holiday With Paul / Algarve, Portugal 24 June – 1 July 2016* and *NEW for 2016: Yoga Holiday With Paul / Turkey 5 – 12 September*  
Queries or bookings email: [YogaHolidayWithPaul@gmail.com](mailto:YogaHolidayWithPaul@gmail.com)