

Yoga With Paul

30 JUNE 2016

Vol. 3 Issue 6



Best of the (other) Blogs

Ideas & inspiration & more

Releasing control and embracing now

"You are alive and breathing, so act like it. Let go of what's wrong and grab a hold of what's right. Make things happen, and then let things happen. Learn, accept, explore, create and experience, every single day, one tiny step at a time."

[Click here to read more](#)

Andrew Garfield on London Pride

"It feels like the time, more than ever, to stand with love, to fight fiercely for love, to build bridges across these imaginary divides that are trying to keep us segregated in fear of what is "other" than us. Pride is an opportunity for the deep ritual that we hardly ever get in these modern times – and, maybe most importantly, to dance like the freaks we all are."

[Click here to read more](#)

London: Recommended

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

Broadway Bookshop

Terrific independent bookstore near London Fields. Especially good for fiction, travel writing and essays.

[Broadway Bookshop](#)

Welcome!

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

It was an emotional month. The Orlando shooting was a black day that showed how poisonous hate is, and how fleeting life can be. Set against that were moving demonstrations of love and defiance, including London Pride. Brexit was another shock. Who knows how long the repercussions will last? Though it all, yoga is a tool to help us thrive in adversity and cultivate compassion and mindfulness. Keep practicing and share the love.

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:

This month we featured a Yoga Holiday With Paul favourite: fiery [avocado and mango salsa](#). Equally delicious home or abroad.

Popular Post of the Month:

We all love great yoga photos. [IG LOVE](#) was the top post of the month. Follow these amazing yogis on Instagram.

Bikram Holiday 2016: Turkey

There is still time to transform your summer with a yoga retreat. Sign up for [Yoga Holiday with Paul](#) in Turkey 5-12 September 2016!

"YOU SHOULD BE LOVING SOMEONE"

~ THE 1975

Yoga Holiday With Paul

Save the date: *Yoga Holiday With Paul / Turkey 5 – 12 September*

Queries or bookings email: YogaHolidayWithPaul@gmail.com