

# Yoga With Paul

31 JULY 2017

Vol. 4 Issue 7



## Best of the (other) Blogs

Ideas & inspiration & more

### Yoga at every age

"Yoga may be the fountain of youth, but it's definitely not just *for* youth. Some yogis come to yoga when they're young, fit, and healthy. But as our bodies change with injury and the passing of time, yoga can serve us even more and help us maintain health and vitality into our golden years."

[Click here to read more](#)

### Raw food for beginners

"Getting started with raw foods can seem intimidating, but no worries, we've got you covered with these 21 amazing raw food recipes for beginners.... raw food retains vital nutrients and natural enzymes that our bodies need to process food. Think: whole, unrefined, fresh, plant-based food."

[Click here to read more](#)

## London: Recommended

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

### Notting Hill Carnival

Celebrate multicultural London at Notting Hill Carnival as you dance, eat and drink at Europe's biggest street party!

[Notting Hill Carnival](#)

## Welcome!

To the Yoga With Paul July newsletter...

Can you believe we are more than halfway through 2017? Time is flying, and there is still so much to see, do, experience and enjoy. This month has been a time for self-care and celebrating summer. Let this newsletter inspire you to eat well, practice and live joyously!

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:

They really are the perfect, nutrient-packed hot weather treat -- no wonder so many of you flocked to the [Summer Smoothies](#) recipes!

## Popular Post of the Month:

Guess a lot of us had food on our mind this month. The most-read post was on [British Summer Berry](#) salad!

## Algarve Retreat Stories Coming Soon!

Check out last year's fabulous [photo gallery](#) while you wait for news from this year's retreat which took place **23-30 June 2017**.

**"WE BECOME FEARLESS WHEN WE LET  
GO OF OUR FEAR OF FAILURE."**

~GYALWA DOKHAMPA

## Yoga Holiday With Paul Algarve Retreat

*It's been another wonderful year on the Yoga Holiday With Paul.  
Stay tuned for news about the 2018 retreat!*

Queries or bookings email: [YogaHolidayWithPaul@gmail.com](mailto:YogaHolidayWithPaul@gmail.com)