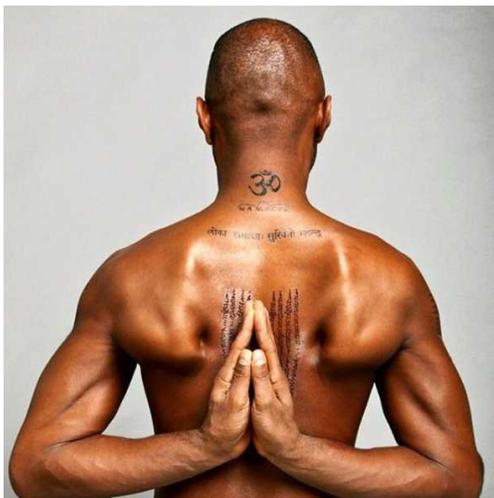


Yoga With Paul

30 NOVEMBER 2017

Vol. 4 Issue 11



Best of the (other) Blogs

Ideas & inspiration & more

Upgrade your yoga wardrobe

"As we transition into colder weather and shorter days, yoga is the perfect way to keep both your body moving and your mental health in check. Here's our pick of the best yoga leggings around from the autumn and winter collections, 2017.

[Click here to read more](#)

Have a mindful Christmas

"It's easy to do too much of everything at Christmas: eating, drinking and being entertained. The downside is feeling tired and bloated, regretting the weight you're gaining, and spending too much. Take a mindful breath, appreciate the simple things and stop when you need to."

[Click here to read more](#)

London: Recommended

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

Christmas markets

'Tis the season for soaking London's festive buzz. Christmas markets are a great place to shop, or just grab a hot drink and browse.

[London Christmas markets](#)

Welcome!

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

Winter is properly upon us but, thankfully, so is the season of holiday cheer, sparkling lights, and lots of opportunities to socialise. Regular yoga practice is a great tool to maintain your energy and stay sunny, even when it rains.

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:

[Mushroom and lentil risotto](#) is a warming, nutritious twist on a classic dish that is perfect for hot dinners and lunches.

Popular Post of the Month:

Learning to relax our neck and shoulders contributes greatly to well-being. This post on [yoga poses for your neck](#) is a great place to start!

Portugal Retreat Stories Coming Soon!

Catch the smiles and sunshine from last year's fabulous [photo gallery](#).

More soon from the 2017 retreat on **23-30 June 2017**.

"ACTION CREATES ENERGY."

~ROBERT KIYOSAKI

Yoga Holiday With Paul Algarve Retreat

*Mark your calendar! Yoga Holiday With Paul retreat is back:
22-29 June 2018! Early booking available.*

Queries or bookings email: YogaHolidayWithPaul@gmail.com