

Yoga With Paul

31 JANUARY 2018

Vol. 5 Issue 1



Best of the (other) Blogs

Ideas & inspiration & more

Quirky yoga styles

"If you thought balancing on a balance board was hard, you'd be hard-pressed to find something more tricky than balancing on a surf or paddleboard as it floats along on the water. It's a new craze that's taking the yoga world by storm!"

[Click here to read more](#)

Winter healthy eating tips

"When winter strikes, I find comfort only in the seasonal starches: potatoes, apples, squashes, onions, beans and carrots. That being said, I know as well as you do, a plant-based diet—or any diet for that matter—needs to be diverse to be healthy. That's why I've come up with this list of commandments to help keep myself and my family healthy all winter long."

[Click here to read more](#)

London: Recommended

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

Hackney Downs Vegan Market

Vegan food, art and more every Saturday from 11am and 5pm at Hackney Downs Studio on Amhurst Terrace E8 2BT.

[Hackney Downs Vegan Market](#)

Welcome!

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

Happy new year! I hope you have all had a wonderful start to 2018. The month flew past, which may be an omen of things to come! The blog has been super active -- thank you all for reading, following, and sharing the yoga 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:

If you're trying to stay cosy and keep your clean eating up, you can get hot, healthy kicks with this simple [spicy ramen recipe](#).

Popular Post of the Month:

This month a lot of you had resolutions on your mind making [12 Words to Live by in 2018](#) the top post of the month!

Yoga Retreats Preview

Get a sneak peek at what's to come in our [photo gallery](#).

Then book your spot for **22-29 June 2018** in the **Algarve** or **14-21 September** in **Cyprus**.

**"YOGA IS THE PERFECT OPPORTUNITY
TO BE CURIOUS ABOUT WHO YOU ARE."**

~JASON CRANDELL

Yoga Holiday With Paul Retreats

*Mark your calendar! Yoga Holiday With Paul retreat is back:
22-29 June 2018 in the Algarve and 14-21 September in Cyprus!*

Early booking available.

Queries or bookings email: YogaHolidayWithPaul@gmail.com