

Relax, renew, revive! Poses to refresh your body and mind

yogga

JOURNAL

Build core
power for
balance and
stability

LIFE IN BALANCE

Be
joyful

*A practice for
true happiness*

4 poses
to prevent
knee pain

Find the balance you seek
Deepak Chopra has your plan

29 unique & meaningful
holiday gift ideas

Cover model **Leah Cullis**
on cultivating gratitude
and optimism

The healing
power of yoga

6 inspiring
stories, page 80

*warming
winter
recipes*



practice

WELL

indoor SUP

Devotees of standup paddleboard (SUP) yoga no longer have to abandon the board in winter. Studios and gyms across North America are offering indoor SUP classes that supply stationary boards as your base instead of mats, with at least 125 locations in the United States and Canada, and another 85 in the works for next year. The appeal? "By working on an unstable surface, you're strengthening your core and all of the stabilization muscles that you don't use as much in a regular yoga class," says Kimberly Trefilek, a Surfset Fitness indoor-SUP teacher and owner of Moirai Health and Fitness in Chicago. Go to indoboard.com or surfsetfitness.com to find classes in your area. KAREN ASP

NAT CARON

Surfset Fitness class at Bliss Ann Green Yoga studio in Barrie, Ontario.