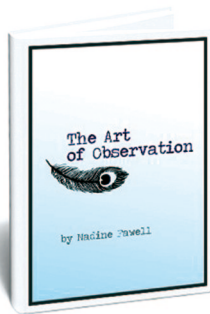


GET YOUR YOGATTITUDE HAPPENING IN 2012

3008 READER SPECIAL



**By Nadine Fawell
- Senior Yoga Teacher**

We received a fabulous response to last month's article and yogAttitude cards giveaway from senior Yoga teacher, Nadine Fawell that we are proud to announce the upcoming pre-release of her new DVD, 'yogAttitude: strong stretched serene', which was filmed in beautiful Bali and her new e-book 'The Art of Observation'.

The DVD is a full 60 minute practice of what many of Nadine's students call

'Nadine Yoga': breath focused, strong yet soft, and with her usual complement of inappropriate jokes. You will end your practice feeling strong, stretched, and serene. Perfect for cultivating a yogAttitude to the rest of your life!

All Nadine's sequences and poses are included: the Pam Special, her unique brand of core strength (of course) and favourite twist. Practice the whole DVD, or choose from the various elements to make your own mix. The DVD is priced at \$29.

This DVD will be opened for pre-release on Dec 12, and with it, the Art of Observation eBook, worth \$19 all by itself, will be included as a special limited-time only download.

And Art of Observation eBook is based on a workshop helping people understand how their bodies work

without the all the anatomical jargon. It's a useful resource for students and teachers and covers the basic structure of our bodies - bones and the muscles that move them. Symmetry, balance, and harmony in yoga practice.

Nadine is offering 20% off everything in her online store, including workshops to 3008 readers until December 24th. Just enter the code 3008DISCOUNT. Visit yogawithnadine.com/shop

