

FIT YOGA

Fit[®] Yoga

your path to a strong body,
a stress-free mind, a calm heart

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laugh your way to
a happier life



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protect your joints
with slow moves
and long holds

8 Great Foods

healthy eating for
a leaner body

Unleash Your Inner Goddess

and embody your
true power

Juice Cleansing

detox your system for
vibrant energy

JUNE 2008



\$4.99 USA

Ice cream fix

Good old-fashioned ice cream gets a scoop of healthier options as cow's milk goes out to pasture. LaLoo's ice cream (goatmilkicecream.com) churns goat milk into 10 flavors—including Vanilla Snowflake, Deep Chocolate, Black Mission Fig, Capraccino, and Strawberry Darling, along with four frozen yogurts.

LaLoo's, a two-year-old company founded in Petaluma, California, slow-cooks the fresh-from-the-farm goat's milk to give it a creamy texture. Goat milk ice cream contains more vitamin A and D, potassium, copper, and maganese and less fat than cow's milk; produces less mucus; and is easier to digest, especially good for those who are lactose-intolerant. "For naturally low-fat ice cream, it sure doesn't taste like it," says Todd Miller, our art director at *Fit Yoga*. "It's very rich and just as creamy as any full-fat ice cream on the market."

Vegans can dip their spoons into the totally dairy-free Luna & Larry's Coconut Bliss (coconutbliss.com), with cholesterol-free coconut milk and low-glycemic agave syrup. Flavors



include Naked Coconut, Cherry Amaretto, Vanilla Island, and Mint Galactica, but the pure taste of the Dark Chocolate had us coming back for seconds...and thirds. Turns out, it only contains four ingredients: organic coconut milk, organic agave syrup, organic fair trade cocoa, and organic vanilla extract. Based in Eugene, Oregon, Coconut Bliss has just introduced two new flavors we can't wait to try: Chocolate Hazelnut Fudge and Strawberry Lemon Love.

A ½-cup serving of LaLoo's goat milk Vanilla Snowflake ice cream has six grams of fat and 140 calories; a serving of Coconut Bliss Vanilla Island contains 12 grams of saturated fat and 202 calories. Both brands sell for \$5.99 a pint. —Lorraine Shea



Nothing could be finer

How can you bring yoga into your summer vacation? Mix a little bit of adventure with some quiet time. On North Carolina's Crystal Coast (the South Outer Banks area), you can rent your own home right on the beach, and spend your time horseback-riding, touring historical Beaufort, ferrying over to the Cape Lookout Lighthouse (right), deep-sea diving to Blackbeard's sunken ship, and kayaking with the Pirate Queen. For your yoga practice, visit (or stay at) the Ocean Club, located in a rare maritime forest ecosystem. There, the OC Spa offers both morning and evening classes by the beach. In



spring and fall, the Spa runs health & wellness retreats, for a balance of mindful eating habits, exercise and, of course, luscious massages (ocspanc.com).

At Hilton Head Island, South Carolina, a stay at the Sea Pines Resort (seapines.com) affords easy access to adventures on the golf course, tennis with pro Stan Smith, parasailing, biking, and learning to sail, where a large fish may leap 10 feet in the air as you tack toward Daufuskie Island. Just a few steps from the Sea Pines, Jiva Yoga Center (jivayogacenter.com) offers vinyasa, hatha, and restorative yoga as well as therapeutic and Thai massage. —L.S.