

minnesota



YOGA+life

magazine

Holiday GIFT GUIDE

2021



CREATING WELLNESS FROM WITHIN

A PODCAST BY @AMYZELLMER

A podcast devoted to empowering you to live your best life by taking accountability for your own personal wellness.



Special Guests



Carrie Jeroslow
“Developing a Daily, Practical, and Maintainable Self-Care Practice”



Kristina Vetter
“Embrace the Body You’re In”



Michal Spiegelman
“How Reiki Can Fill You Up When You’re Burnt Out”



Jen Vertanen
“Healing From Childhood Trauma”



Maggie Yu, MD
“How Emotions Can Cause Illness”



Kelli France
“Drop-Kick Your Inner Mean Girl”



Dr. Mallory Fox
“Mindful Movement to Live Better”



Subscribe on iTunes or wherever you listen to podcasts

Meet & Greet

Sat. December 4th, 2-4pm

Register for FREE or VIP
<https://bit.ly/3hO8kBM>



at Moxie Malas

MINNESOTA IS PART OF
 THE YOGA + Life[®] FAMILY
 OF MAGAZINES.



MN YOGA + Life[®] PUBLISHER

Faces of TBI, LLC

EDITOR-IN-CHIEF

Amy Zellmer

CONTENT EDITOR

Claudette Hegel

ASSISTANT CONTENT EDITOR

Ian Hebiesen

COPY EDITOR

Lynn Garthwaite

CREATIVE DIRECTOR

Heide Woodworth

SUBSCRIPTIONS

mnyogalife.com/subscribe

ADVERTISING

hello@mnyogalife.com

FOLLOW
 US ON
 SOCIAL
 MEDIA



2021 MN YOGA + Life Magazine. All rights reserved. No portion may be duplicated in whole or in part without the written consent of its publishers. Every effort has been made to ensure the accuracy of the information contained in the publication. The publisher assumes no responsibility for accuracy of information or omissions from the material provided. Company cannot be held liable for the quality or performance of goods and services rendered by the advertisers published in this magazine.

Things stated, printed, or posted on our sites or made available by us are not intended to be, and must not be taken to be, the practice of medical care or the provision of healthcare treatment, instructions, diagnosis, prognosis, or advice. This magazine may contain affiliate links.



WELCOME TO THE HOLIDAY GIFT GUIDE

We are so excited to bring MN YOGA + Life magazine back to production in Minnesota. If you followed the brand before, you know the magazine stopped production in 2018 ... if you're new to the brand, then WELCOME!

The spring + summer issue is set to release on April 1st (no foolin') and we have some incredible content lined up for you! Make sure you're on our email list so that you don't miss a single thing!

We put together this amazing gift guide to highlight some of our local Partners, as well as some other brands we love. We hope you support local makers this holiday season (and throughout the year). You may discover a new brand you weren't familiar with.

The holiday season is an important time of year for many small businesses. With labor and product shortages across the globe, this year is truly the perfect time to support those small businesses that, in turn, support the local communities in our great state.

Additionally, be sure to check out our upcoming Meet + Greet with our Partners, as well as our virtual Book Club series. We put on our thinking caps to come up with ways for the Yoga + Life community to connect, mingle, and network ... and these are just a few of the ways we're planning.

OUR MISSION STATEMENT FOR THE MAGAZINE:

We are a community dedicated to making yoga and wellness welcoming to all. Discover top wellness industry writers, local teacher profiles, product reviews, events calendar, studio tours, meet & greets, wellness tips, and more!

We are thrilled to have you here, and can't wait to share this incredible journey with you!

AMY ZELLMER, EDITOR-IN-CHIEF
 @amyzellmer

Isadore Nut Co

Imagine giving a delicious holiday gift inspired by clean, healthy eating, boosted with Indian spices to support the three doshas, made locally with love by people of all abilities — and you've just envisioned the products of Isadore Nut Co.

Isadore Nuts was started in 2013 by a yoga student who wanted a healthy snack for her growing family that would support sustainable supply chains and taste delicious. She used sustainably sourced, protein rich cashews, pecans, and walnuts, flavored with Ayurvedic spices like cinnamon, turmeric and black pepper and kissed with real, local maple syrup to add a little sweet to the crunch. The recipe won a few awards along the way!

Committed to emphasizing equity among her employees, Isadore Nut Company is proud to hire people with disabilities. You'll love the taste of her mixed nuts, and you'll feel great about the environment in which they are made.

Enjoy and visit: isadorenutco.com
Take 10% off with code **ISADOREYOGA21**



Moxie Malas: Purpose Intention Mala

Known as Dharma in yogic philosophy, purpose is something our soul desires. Our purpose is not as much about what we do or a role we play, but rather who we are when we show up to whatever it is we are doing. This mala is handmade in Minnesota with genuine stones, crystals, and rudraksha. \$120

www.moxiemalas.com/collections/shop-by-purpose/products/purpose-intention-mala

Hollyhax: Refresher Mists

Hollyhax has a line of five cooling "Refresher Mists" to set your daily mood!

Sold individually or as a set, these refreshing mists come in an array of lightly scented aromas such as Lavender (for calming), Citrus (for brightening), Green Tea (soothing), Rose (revitalizing) and Crystal (for balance). Perfect for that nice mid-day boost of mood setting energy as you spritz your face, hair and even clothing! And they are all refillable! \$30 for the set

www.hollyhax.com/products/refresher-mist-assorted-gift-set





Tonik Cycling: *Melanie Active Sleeveless Sports Dress*

The Melanie is a chic cycling tank dress AND a fantastic all-around sleeveless active and travel addition to your wardrobe! The elegant high v-neck is bra-friendly and protects your delicate décolletage from sun.

A large zippered pocket in the back is a perfect place to keep your phone, cash, or hotel room key. Button-up tabs allow you to cinch the skirt up for cycling.

The substantial weight, UPF 50+ soft performance fabric drapes beautifully, dries quickly, and never wrinkles. Throw this travel dress in your backpack and you're set for your next adventure!

Candy Stripe and Rainbow Chevron. \$90

www.tonikcycling.com/collections/cycling-dresses

Love Your Brain: *Aromatherapy Roll Ons + Singing Bells*

Aromatherapy Roll Ons — \$15 each

Balance: To support the union of body, mind and spirit. The scent is a sweet flowery nose with earthy base.

Strength: To calm the mind and support the connection to the power within. The scent is uplifting citrus nose with woody base.

Center: To calm the mind and ground the present moment. The scent is fresh camphor herbal minty nose with woody base.

Singing Bells — \$80

The peaceful tone of a Tibetan singing bell is used to facilitate meditation, relaxation, and awareness of the present moment. Through this simple action of striking the bell, we hope that you will cultivate greater mindfulness and a deeper connection with yourself and those around you. Our bronze Tibetan Singing Bells are handmade in Nepal.

loveyourbrain.shop/collections/mn-yoga



Crystalline Light: Savasana Crystal Meditation Bundle

This special limited edition bundle was created to boost your Savasana practice with crystal energy.

Included is Rose Quartz for heart healing, Lepidolite for deep relaxation, and an Amethyst cluster for spiritual connection. The bundle also includes an Amethyst candle, Palo Santo for clearing your space before practice, and our hand crafted Savasana meditation mist to use after your practice for continued mindfulness.

You'll also have access to our online course, Crystal Awakenings, to learn more about crystal energy. \$75.99

crystallinelight.com/product/savasana-crystal-meditation-bundle/



Monique Maxwell: Be A Kind Human Cropped Sweatshirt



This ultra soft and cozy sweatshirt comes in small, medium, and large and is roomy.

You can find this and more on my website
www.moniquemaxwell.com

Spread the word and join the tribe ...
BE A KIND HUMAN #beakindhumanwithme
\$72



restore

HYPER WELLNESS



Restore Hyper Wellness: Unlimited Access to Core Services PLUS more!

We're on a mission to restore your health by offering services that hyper-stimulate the body's natural defense mechanisms.

Restore Hyperwellness offers a full range of innovative wellness services:

- Whole Body & Local Cryotherapy
- Assisted Stretch Therapy
- Mild Hyperbaric Oxygen (mHbOT) Therapy
- IV Drip Therapy
- Photobiomodulation (PBM) Therapy
- Cryoskin Therapy
- Infrared Sauna Therapy
- Compression Therapy
- Hydrafacial

These aren't your average wellness techniques, so we understand you may have questions. Check out our website for more info! <https://restore.com/p2300-blaine>

Restore Blaine 12410 Aberdeen Street NE Suite 500, Blaine, MN

LEARN HOW YOU CAN START YOUR WELLNESS JOURNEY TODAY!

Get your first month for ONLY \$79 (limited time offer)





VIRTUAL BOOK CLUB

Join us for our **FREE** monthly virtual book club and “author talk”

Each month we will discuss the book in “Amy’s Book Club” on Facebook, followed by an “author talk” at the end of the month.

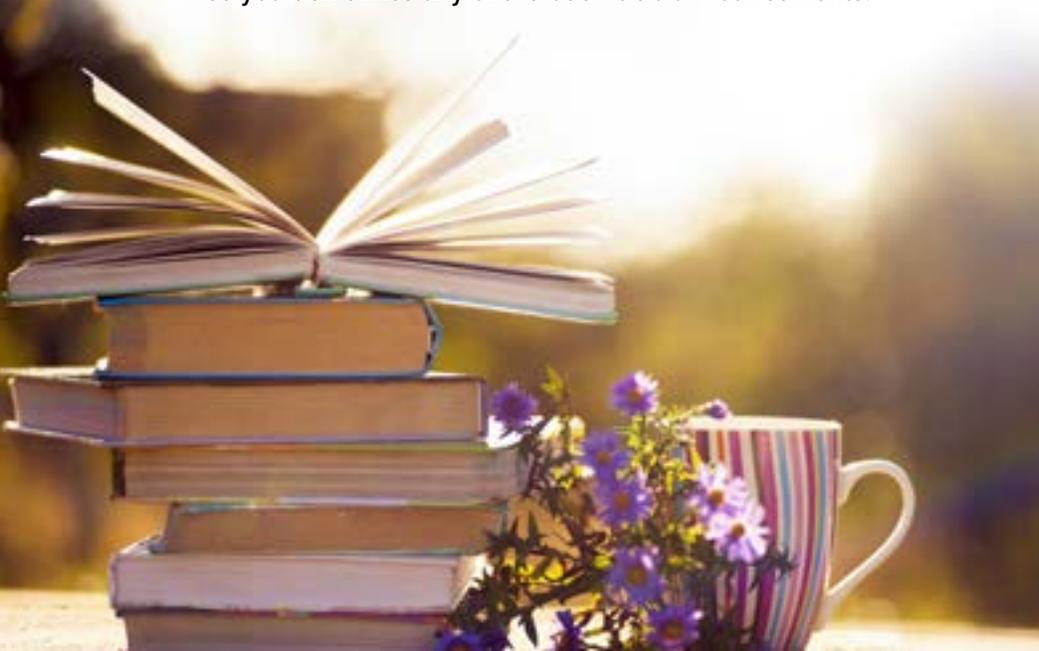
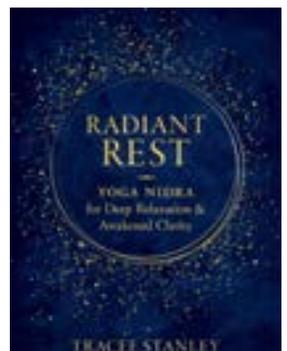
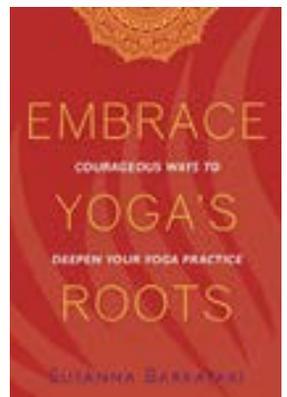
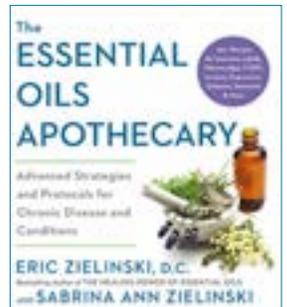
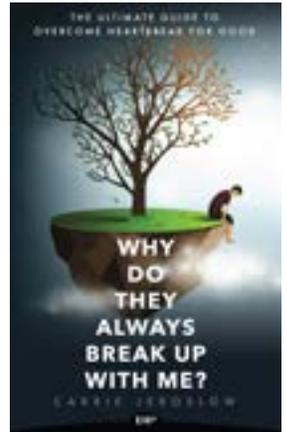
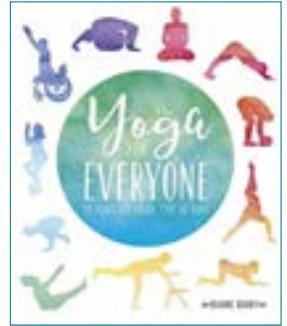
Even if you haven’t read the book, you are invited to join us on a live zoom call with the author, and will have the opportunity to ask your question live!

**SAVE
THE
DATES**

- Nov. 30th Dianne Bondy
- Dec. 28th Carrie Jeroslow
- Jan. 25th Dr. Eric Zielinski
- Feb. 22nd Susanna Barkataki
- March 29th Tracee Stanley

ALL AT 6PM CST

Be sure to sign up at www.mnyogalife.com so you don’t miss any of the book club announcements.





www.mnyogalife.com

ANNUAL PARTNERS • Directory

if you're interested
in becoming an
Annual Partner
please email:
hello@mnyogalife.com

Crystalline Light
www.crystallinelight.com

Devanadi Yoga
www.devanadiyoga.com
2711 44th St W, Minneapolis, MN

Mary Hirsch
maryhirsch@gmail.com

Minneapolis Yoga Center Retreat
www.theyogacenterretreat.com
4212 Park Glen Rd, St. Louis Park, MN

Moxie Malas
www.moxiemalas.com

namaSync®
www.namasync.com

Restore Hyper Wellness
12410 Aberdeen St NE, Suite 500, Blaine, MN

Veda Yoga Therapy
www.vedayogatherapy.com