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**Save Highlights**

- Get a year's worth of Yoga Journal for a fraction of the cover price!
- Read about the latest in nutrition, exercise and inner peace with nine issues
- Buy multiple subscriptions for all the balanced, hardworking women in your life
- Don't forget to Take 2 with this deal - buy it, then earn \$2 just for sharing!

**Save Details**

- May buy up to 3 Saves
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**About This Save**

Just getting through the day - running carpool, getting a few hours in at the office and keeping up a respectable exercise routine, at the very least - can often leave us bent out of shape. Today's Save is all about **taking a little you-time to restore that internal strength** that gets you from out-of-bed to head-hits-the-pillow: Get **nine installments of nutrition, exercise and inner peace info** with Yoga Journal for just \$10.

**Yoga Journal** is your literary source for every-day balance and well-being, whether you're a seasoned yogi or an inflexible klutz with a mind for improvement. From [basic poses](#) to [eternal wisdom](#), article topics by experts in the field bring you the latest information on **better health, personal growth and inner peace through the practice of yoga**.

As one busy [subscriber](#) said, "I am always so happy when this arrives in the mail. It's a nice curl-up-and-read-on-the-sofa magazine that is inspiring and relaxing at the same time." Sounds good to us!

No more sneaking a quick article while in the check-out line or paying outrageous cover prices for you! Think of it as a **monthly gift** delivered directly to your home.

**Questions About This Save**

**Reviews**

Yogi novices and experts look forward to receiving Yoga Journal each month:

*"I found it really helpful to go from class (a bunch of ladies bonding over our struggles to balance or stay in a pose) to how the rest of the (yoga) world perceives/practices /enriches through yoga! I found [Yoga Journal] perfectly readable for a complete beginner to augment class instruction (oooh the possibilities!!!) to wanting to set it aside and review as I get further along in the future."* [Read more](#)

*"I'm really quite fond of this magazine. It does a very good job of mixing in a variety of aspects of a yoga life and addressing each aspect in a helpful and entertaining manner. There are, of course, pages on poses with clear photos, succinct instructions and explanations on how to modify them if you have to. There are pages on eating healthy. There are stories from people in a variety of walks of life, talking about how even minor changes in their lifestyle brought about significant results."* [Read more](#)

*"I've been practicing yoga for a little over two years and therefore consider myself to be an intermediate beginner. I've been receiving Yoga Journal for four months and regret that I had not subscribed earlier. It has broadened my view of yoga in general and provided excellent advice on how to improve my practice via pose specific instruction and photographs as well as describing the actual benefits internally and externally of the pose itself on my body."* [Read more](#)