

# yoga

JOURNAL

FREE VIDEO!

20-minute practice to tone your core page 8

## 8 poses to create lasting calm

Drop into backbends **without fear**

10 innovative moves to expand your practice

Free yourself from guilty feelings

Celebrate nature from garden to table

**+** LESSONS FROM A GURU  
Tribute to Sri K. Pattabhi Jois



terri kennedy

When cover model Terri Kennedy became a 2009 Young Global Leader for the World Economic Forum, her guiding principle of living her yoga took on new meaning. "The more I do, the more important the practice becomes," she says. This means daily yoga in her hotel room, whether she's in Jordan or South Africa, and "as many classes I can take" when she's in New York. It also means cultivating mindfulness and attention to her breath no matter where she is. Kennedy is the founder of Ta Yoga in Harlem; a member of the Yoga Alliance board of directors; and owner of Power Living, a health-promotion business. Her work with the forum involves exploring how to make global business more sustainable and value driven. "It really seems like, Wow! We're going to change the world."

