

16 poses to ease and prevent back pain

yoga

JOURNAL

LIFE IN BALANCE

Key poses
for balance
and strength

Build core power

*A practice for
strength in
every pose*

Energize your day

With our heart-
opening sequence
from cover model
Kino MacGregor

Yoga for athletes

4 poses for fitness
and stamina

Spring refresh

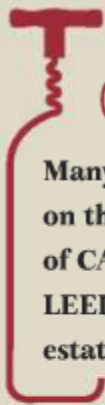
Ayurveda for a healthy season

Redefining yoga

New teaching
styles that may
surprise you

21 fun ideas
for a planet-
friendly practice





GREEN WINE, DEFINED

Many wines declare they're green, but what do the planet-positive claims on the bottle really mean? John Conover, partner in and general manager of CADE Estate Winery and general manager of PlumpJack Winery—the first LEED (Leadership in Energy and Environmental Design) Gold Certified estate winery in Napa Valley—breaks down the marketing buzzwords:

100 percent organic: The US government regulates use of the term “organic,” requiring no commercial fertilizers, pesticides, fungicides, or herbicides be used.

Biodynamic: The vineyard is approached as an ecosystem and doesn't follow common manipulations like adding yeast or adjusting acidity in the wine.

Sustainable: It is one tier down from organic farming, meaning it's less restrictive—some herbicide is allowed, energy is conserved, and rain and winery wastewater are captured to irrigate the vineyards.

Vegan: During the winemaking process, everything is made without animal products like egg whites, which are sometimes used for “fining” or filtering wine.