

The Inspiration Closet

Nicole Spataro's
Fashion & Beauty Report

Winter fashion...

...doesn't have to solely consist of giant sweaters and jeans. This season, mixing patterns, wearing booties and sporting white are among some of the most popular styles trending. Throwing on a pair of tights is a great way to bring skirts back into your wardrobe for winter. Wearing a lot of white makes it very easy to get away with adding several pops of color, even if the patterns don't match. Pairing this outfit with tall boots would be overpowering, which is why small booties are the perfect addition to this ensemble. Top it off with some gold accents for some glam, and you're ready to stand out this winter.

Read more about
Nicole's fashion & beauty ideas at
www.TheInspirationCloset.tumblr.com



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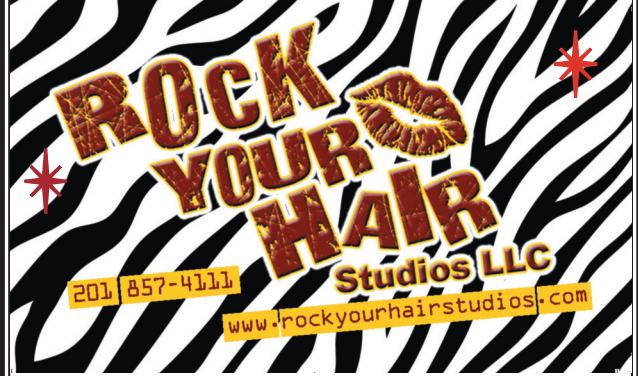
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HEALTH

Live Better



The Many Benefits of Yoga

Yoga is great for you. Turn that Downward Facing Dog upside down and learn how!

By Amy Doot

THE BENEFITS OF yoga are both instantly gratifying and lastingly transformative. But the best part is that yoga is for anyone at any fitness level. Whether you are a pro athlete, or you just started to exercise, regular participation can offer all kinds of physical and mental health benefits. Some of those benefits, like improved flexibility, are clearly evident. Others, including mental clarity and stress reduction, may be more subtle, but are just as powerful. Put all the benefits together and you will see how yoga contributes to an increased feeling of well-being. No wonder so many people find yoga so addictive!

FLEXIBILITY & STRENGTH

As we age, flexibility naturally decreases, which leads to pain and immobility. Moving and stretching in new ways can help alleviate this process. While stretching, yoga

requires you to support your body weight during these poses as you hold them for a few seconds, such as when you're supporting yourself with your arms in the Downward Facing Dog, or balancing on one leg in the Tree Pose.

BALANCE

As we get older, our stability and balance decreases. The balance poses in yoga can improve coordination, increase strength and develop stability during practice and in your daily life.

PAIN RELIEF

Studies have shown that practicing yoga postures, meditation or a combination of the two reduced pain for people with arthritis, back and neck pain, and other chronic conditions.

WEIGHT MANAGEMENT

A study from the *Journal of Alternative Therapies in Health and*

Medicine found that regular yoga practice was associated with less age-related weight gain. You don't have to practice the most vigorous forms of yoga to lose or manage your weight. Since yoga encourages a positive self-image, more attention will be given to the foods you decide to eat.

MENTAL CLARITY

Yoga combines meditation and exercise to create excellent clarity in the mind. When we are focused completely on holding balance in a pose, the mind becomes sharp.

MORE "ME TIME"

For just one hour a day, yoga allows you to empty your mind and free yourself from stressful thoughts and situations. This is your chance to take the time to breathe in and out deeply, and become more connected with your body and mind. ☺

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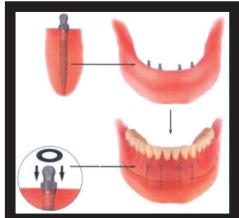
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