

THE SECRET TO WINTER WELLNESS (HINT: IT'S ALL IN YOUR HEAD pg. 116)

DECEMBER 2012

whole living

body + soul in balance



HEALTHY
STRONG
VIBRANT

WHOLE LIVING HANDBOOK | DECEMBER 2012

LESSON | 3

TRICK OUT YOUR BAG

Technically, the only class requirements are stillness of mind and an attempt at good form. But with the right gear and garb, the journey to enlightenment can be a whole lot more fun.

3. PURE AND SIMPLE The CamelBak Water.org Groove uses a sustainable, plant-based filter to clean up the faucet's act. And for every bottle, \$10 goes to Water.org's efforts to bring safe water to developing nations.

■ \$25, camelbak.com

