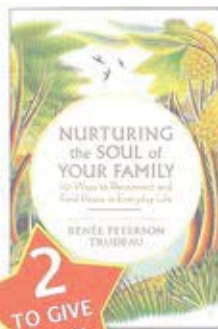


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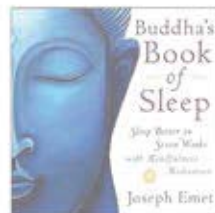


Nurturing the Soul of Your Family
Renee Peterson Trudeau

This book offers nurturing support and practical ideas to guide you toward a new way of being. Enjoyable, down-to-earth, and empowering, Renee Peterson Trudeau will help you learn to find your centre and move through chaos and uncertainty with renewed strength and ease.

£13.99 | New World Library

To enter go to: ommagazine.com/family

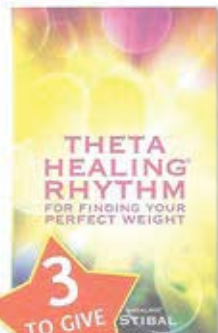


Buddha's Book of Sleep
Joseph Emet

Offers the most effective and simple way of getting off to sleep that doesn't involve counting sheep - a method known as mindfulness meditation. Find easy exercises which you can put in to practice over several weeks that will enable you to have a good night's sleep.

£9.99 | Hay House

To enter go to: ommagazine.com/sleep



Theta Healing Rhythm: For Finding Your Perfect Weight - Vianna Stibal

This is more than just a weight-loss book. It is about finding real rhythm for your mind, body and spirit, while tapping into your inner beauty and loving yourself. Say goodbye to calorie counting and feeling guilty, and say hello to being comfortable in your own body and finding inner peace and happiness.

£10.99 | Hay House

To enter go to: ommagazine.com/theta



The Zen Diet Revolution
Martin and Philippa Faulks

The Zen Diet focuses on the small but permanent changes that you will continue for life. No big dramatic change, just small, positive ones. The Zen Diet is the first diet to offer a long-term solution based on Kaizen and other harmonious spiritual principles from Japan.

£7.99 | Watkins Publishing

To enter go to: ommagazine.com/zendiet



Prashad Indian Vegetarian Cooking
Kaushy Patel

Now you can create the authentic Prashad experience at home. The beautiful Prashad cookbook includes over 100 Indian recipes - all exquisite vegetarian food - from simple pickles, dips and street food to sumptuous family feasts.

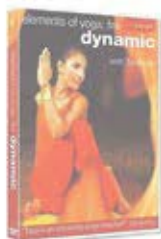
£25.00 | Saltyard Books



Crazy Sexy Kitchen
Kris Carr with Chef Chad Sarno

New York Times best-selling author Kris Carr gives us a plant-based manifesto for experts and novices alike. Served up in courses, Crazy Sexy Kitchen kicks off with a refresher of factual goodies about the Crazy Sexy Diet science and lifestyle philosophy.

£18.99 | Hay House



Elements of Yoga: Fire Dynamic with Tara Lee

This yoga flow programme builds strength for those with an established yoga practice. The programmes are divided into three 20 minute sequences and can be played in succession or individually. These sequences are based on the fire element.

£14.99 | thelondonyogacompany.co.uk



Pregnancy Yoga with Rozy and Kate

Birthlight tutors and teachers Rozy and Kate guide you through several short yoga sequences, full of simple techniques you can use all day long to ease, stretch and strengthen your body as your baby grows. There is also a one-hour practice for when you have time to indulge.

£16.99 | rozyandkate.com

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1
TO GIVE
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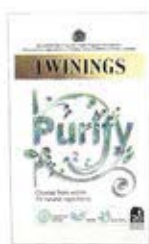
Reviber Bodywave Pro

Your personal on-call relaxation, rescue and recovery service. Ideal to use everyday, either on its own or in-between osteopathy or physiotherapy appointments for more serious back conditions. Perfect for home use, the Bodywave Pro produces a 'wave-like' motion that relaxes the body's muscles, especially those in the back, neck and shoulders.

£169.99 | reviber.co.uk

To enter go to: ommagazine.com/reviber

Purify Twinings Tea



Experience the taste of true beauty with this delicate, cleansing blend; a refreshing mix of cooling cucumber extract and aloe vera combine for a lusciously fresh flavour. Infused with nettle leaves, traditionally used for their purifying properties, helps you feel like you're glowing inside and out.

£2.29 for 20 teabags | twinings.co.uk

Tara Lee Bump Yoga Mat



Designed by yoga teacher Tara Lee specifically for use during pregnancy. The extra thickness and luxury of the mat provide you with 100% support and peace of mind. The unique two sided grip and colours ensure you have the 'best of the best'.

£38.00 | theyogashop.co.uk

To enter go to: ommagazine.com/bump

3
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Ume Incense



Ume incense attempts to revive an ancient artform for a contemporary context. Made with absolutely pure ingredients from nature, and free from essential oil, charcoal or synthetics, this product burns, unleashing stunning aromas simply from pure plant material.

£10.00 | ume-collection.co.uk

To enter go to: ommagazine.com/ume

6
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Ayurvedic Cleansing Milk



Ayurveda Pura's 100% natural and organic certified cleansing milk gently removes dirt and makeup from the skin and balances the appropriate Dosha through the use of essential oils and other natural ingredients. Hand-made and faithful to the 5000 year-old tradition of Ayurveda, the Indian holistic science of health, wellbeing and beauty.

£24.95 for 200ml | ayurvedapura.com

Facial Argan Oil



Essence of Morocco Organic Argan Oil is extracted from the finest quality kernels of the Moroccan Argan tree. Rich in Vitamin E and antioxidants, Argan oil has been used for centuries by Moroccan women for its unique skincare properties.

£22.85 for 50ml | esofmo.com

Songs of Infinite Love Sat Darshan Singh



An inspiring soundtrack for your yoga, meditations, walks and inner celebration moments. The new album by Sat Darshan Singh contains four meditations and five surprising songs and mantras from the Kundalini yoga tradition.

£9.00 | available from iTunes