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Om giveaways



2
TO GIVE
AWAY

Yoga Three Quarter Pants

These ladies USA Pro Yoga trousers come in a ¾ length style with a loose fit and open hem legs that allow for great freedom of movement that make them ideal for your yoga sessions or pilates classes. They have a wide stretch waistband with drawstrings for a great fit and feel.

£32.99 | usapro.co.uk

To enter go to ommagazine.com/usapro



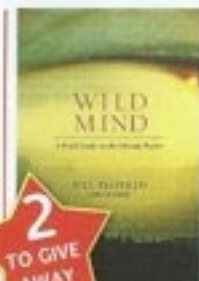
1
TO GIVE
AWAY

Nike Free TR Fit 3 Trainers

The updated design combines enhanced training-specific flexibility and traction with lighter weight and a more modern upper. The new comfort tongue lays flat on top of the foot and uses layers of sandwich mesh to help reduce lace pressure for a comfortable fit.

£71.99 | prodirectrunning.com

To enter go to ommagazine.com/nike



2
TO GIVE
AWAY

Wild Mind - Bill Plotkin

In Wild Mind, Plotkin introduces a map of psychological wholeness that is rooted in nature's own map of wholeness. The book offers an elaborate field guide to becoming fully human by cultivating the four facets of the Self and discovering both the limitations and gifts of our wounded, fragmented, and shadowed subpersonalities.

£35.99 | [New World Library](http://NewWorldLibrary)

To enter go to ommagazine.com/wildmind



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TO GIVE
AWAY

The Mystic Cookbook

Denise Linn & Meadow Linn

Provocative and insightful, this eclectic, inspiring and beautiful book will open your eyes to the remarkable link between nourishment and spiritual awakening. Filled with ancient wisdom, practical advice, intriguing personal anecdotes, vibrant ceremonies and dishes lavishly illustrated with colour photographs.

£12.99 | [Hay House](http://HayHouse)

To enter go to ommagazine.com/mystic



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TO GIVE
AWAY

Pregnancy Health Yoga

Tara Lee and Mary Attwood

Authoritative yet thoroughly accessible, this user-friendly book provides yoga techniques for your journey from bump to birth and beyond, helping you to deal with all the physical and emotional changes you experience along the way.

£12.99 | [Duncan Bard Publishers](http://DuncanBardPublishers)

To enter go to ommagazine.com/pregnancyhealth



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TO GIVE
AWAY

Natural Wellness Strategies for the Menstrual Years

Laurel Alexander

Menstruation, or moon-time, is special for a woman and shifts in mind, body, and spiritual energy can cause both challenge and opportunity. This practical health guide reconnects women to the experience of an important stage of their development.

£7.99 | [Findhorn Press](http://FindhornPress)

To enter go to ommagazine.com/naturalwellness