

ascent

National
Magazine
Award Winner &
Utne Reader
Nominee

Experience *ascent*,
the magazine of yoga for an inspired life ...
with 1 free preview issue!

Dear Friend,

Do you remember your first yoga class?

If you're like me, that first class was an epiphany, a realization that mind, body and spirit could work together in a new way. That day stretched itself into a life-long journey on the road to self-reflection and spiritual discovery.

At *ascent*, our goal is to maintain that sense of new-found discovery by inspiring yoga in the everyday. Each quarterly issue offers a refreshing alternative to the commercialization of mainstream yoga through a hybrid of spiritual, intellectual and deeply personal material.

Each issue is a truly unique experience. You'll meet **fascinating people** practicing yoga around the world and bringing increased quality to daily life, engage in discussion of some of yoga's most **pressing issues**, benefit from great wisdom and healing insight of renowned **teachers**, enjoy practical tips on the hidden language of **hatha** yoga, plus much more to **enlighten, teach** and **provoke**.

And all for a very reasonable **Special Introductory Offer**: Receive a **free preview issue**, then if you like it subscribe and save ...

our best
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- * 1 year (4 issues total), just \$18.95
- * **OR** 2 years (8 issues total) for just \$32 – that's like getting **1 issue free on the newsstand!**

In each issue of *ascent* we offer features and interviews that expand the concepts of **compassion, self-awareness** and **personal reflection**. Recent issues tell the story...

- ☪ **Sex-trade workers in India** take an afternoon from their dangerous lives to move and breathe in yoga with Michael McColly, an HIV-positive social activist and Yogi.
- ☪ The Lineage Project in the Bronx brings yoga, spirituality and **healing to disenfranchised youth** in one of the highest crime neighbourhoods in New York.
- ☪ Young **Buddhist nuns blossom** at the Dongyu Gatsal Ling Nunnery in Northern India, under the dynamic leadership and nurturing care of Tenzin Palmo.

over,
please...

- ॐ Sexual politics in the classroom: Luci Yamamoto's ground-breaking article stirs fierce debate about the **blurred boundaries between sex, power and yoga.**
- ॐ **Spend a morning with Reverend Ruth Wright** as she struggles to clothe the poor, homeless and addicted in Vancouver's downtown east side community.
- ॐ **Does the brain harbour biological evidence of faith?** Dr. Andrew Newberg quests to find the answer in "The Spiritual Brain."
- ॐ Explore **activism, devotion, the politics of "hot yoga,"** and the controversy of Yogi Bikram Choudhury with Yogi Ted Grand.

You'll find more to illuminate the spiritual path, including reflection upon the Divine feminine ... the body as a spiritual tool ... spiritual leadership ... bhakti (devotion) ... science and the interplay between faith and spirituality... life, death and rebirth ... the list is long and growing, as endless in fact as our experience in the world.

Along with featured articles, and much less advertising than you'll find in more conventional yoga journals, devoted regular columnists round out the range of voices ...

- * **Wisdom & Learning:** enjoy thoughtful reflection from Swami Radhananda and revisit wisdom from the archives of Swami Radha.
- * **Practical Asana:** regenerate your hatha yoga with tips from Swami Lalitananda.
- * **Kuanyin's Kitchen:** chapatis and veggie-lox anyone? Or how about roasted veggies in phyllo, or winter squash soup? Relish a delicious and healthy vegetarian meal with recipe ideas from chefs Craig & Risa.
- * **Book reviews, short fiction and poetry, Om-ventory directory** to help you find the right teacher, retreat or centre near you, and more!

ascent offers an intelligent, beautifully photographed, and extremely well-written chronicle of yoga in the everyday. Accept this special opportunity to experience *ascent* to inspire your yoga practice, and improve your life. Return the subscription order form today!

Om Shanti,



Clea McDougall, Editor

P.S. Special Introductory Offer: choose the 2-year option on the order form, and get our best savings deal!

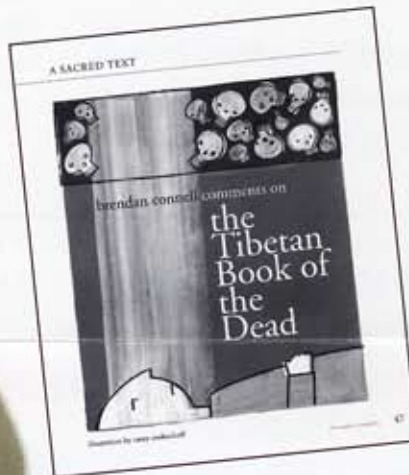
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A few quotes about *ascent* ...

From readers...

- “There is an emphasis on moving, learning and developing – a living yoga for all of us in the working world.”
- “Your magazine keeps me loving yoga.”
- “*ascent* is indeed ‘expanding the mind of yoga,’ weaving together many disparate threads of spiritual exploration into a rich and luscious fabric.”
- “*ascent* is wonderful – artistic, thoughtful, inspiring, relevant.”
- “Your magazine is a delight. I’ve just started taking yoga and *ascent* is an added bonus to my own spiritual exploration.”

From other publications...

- “*ascent* is one of the premier sources of information and inspiration for those on the spiritual path.”
– Yoga International
- “... *ascent* applies the yogic perspective to today’s small and big issues of everyday living.”
– Georg Feuerstein, Ph.D. President, Yoga Research & Education Center
- “*ascent magazine* has the insight of an old guru.”
– New York Spirit

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