

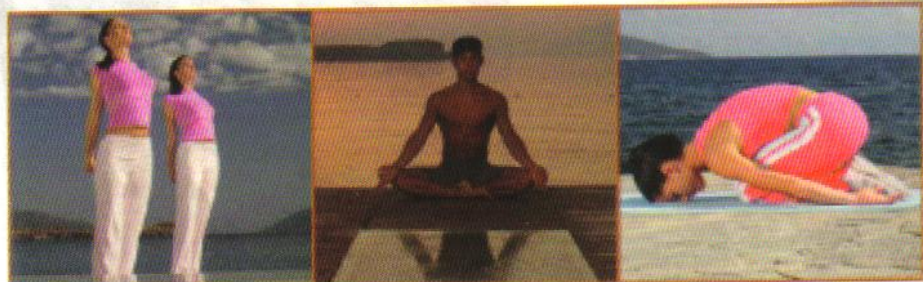
**bib**  
bodyinbalance

women's  
fitness

**fit**

THE UK'S FIRST YOGA AND WELL BEING  
**CHANNEL SKY 275**

bodyinbalance is a healthy living lifestyle channel and website dedicated to providing instructional and informative programming on  
**Yoga, Pilates, Tai Chi, Meditation, Dance**  
and other techniques for staying fit and living well



bodyinbalance features some of the world's leading yoga and pilates practitioners. Join Katy Appleton in appleyoga. Her programmes and techniques "will change your life not just your body." – KA

**bodyinbalance**  
**DVD of the month**



Body In Balance DVD of the Month:  
Katy Appleton's Yogaworks Series, 3 disc set.  
Price £24.99 from our website at

**www.bodyinbalance.tv**

**TONE UP FAST**  
POST-HOLIDAY FITNESS

**8** SPEEDY WORK TIPS

TIME-SAVING Meals in

**L**  
★ 4  
★ GET