

# WHAT'S HOT!



## WHAT A MELON

A mouthwatering blend of pure watermelon juice and flesh, with natural spring water and a dash of lime juice, with no added sugar or preservatives. Not only is it delicious, it contains the antioxidant lycopene and potassium which keeps you hydrated, while the amino acid citrulline helps reduce fatigue, improves endurance and aids muscle recovery.

£1.95 from Sainsbury's, Holland and Barrett, Whole Foods and Planet Organic.

GORDANA BIERNAT

## #Know the Truth

Why Knowing Who You Are  
Changes Everything



## #KNOWTHETRUTH

BY GORDANA BIERNAT

This book is a reminder of the reader's true potential and inherent inner power, and is based on Gordana's straightforward and empowering tweets about who we are. Readers will be inspired to explore their beliefs, push their boundaries and allow their inner wisdom to become more conscious and accessible by looking at 'truths' about time, reality, knowledge, ego, desire and much more. The book can be enjoyed cover-to-cover or used as an oracle for whenever a quick answer is needed. Highly recommended.

(Hay House) £9.99 [hayhouse.co.uk](http://hayhouse.co.uk)



## UMA

BY MERCEDES BAHLEDA & FERENZ KALLOS

This new collaboration by the inspired singer Mercedes Bahleda and composer Ferenz Kallos offers traditional Sanskrit mantras and Tibetan prayers, and accompanied by the lush strings of Noah Hoffeld's cello and Ferenz on violin. Opera singer Jenna Karl guests on a gorgeously epic, 20-minute sadhana, Om Shanti, rich with airy flutes, deep strings and rolling harmonies over the steady drum of a heartbeat. Highly recommended.

(White Swan Records) £6.99 available from Amazon



## PRANA PROTEIN

This excellent range of wholefood powders and seeds, protein bars, powders and shakes will keep you going on and off the mat. The natural wholefood powders include pea and hemp which are ideal for mixing with meals, while raw chia and flax seeds make for tasty snacks or delicious additions to salads. The range of protein powders include organic hemp and vegan chocolate flavour that can be mixed with your favourite ingredients or added to meals. Prices from £1.49 available from [pranaprotein.com](http://pranaprotein.com)