

OPEN NOW!!!



GIFTS MADE WITH LOVE IN THE MIDWEST

2024 MIDWEST HOLIDAY GIFT GUIDE

Book: Mindful Practice



Mary Higgs, MA, RYT, is an author, speaker, online educator, and empowerment coach, as well as the founder of Yogi Able. Her journey into mindfulness and certification as an Adaptive and Accessible Yoga Teacher transformed her life in unexpected and deeply meaningful ways. Mary is passionate about spreading the message that true transformation begins within—and that mindful practice is for everyone, regardless of their starting point.

In her powerful book, **Mindful Practice**, Mary provides a heartfelt roadmap to inner wisdom, authenticity, and personal growth. She gently guides readers to explore and trust their inner voice, empowering them to live more fully and authentically. Through her inspiring personal story and expert insights, Mary encourages others to uncover their true potential and embrace a more mindful way of life.

Her book is available for purchase on [Amazon](#).

Skincare

HEALTHY SKIN IN 3 STEPS



We combine the power of skin science with the goodness of nature.

Luxury skincare gifts under \$50

This season give the gift of radiance with plant-powered skincare, formulated for sensitive skin and intentionally designed to empower you to Love the skin you're in. Crafted by our female founder with healthy ingredients and botanical actives for naturally glowing skin.

Shop holiday gifts:

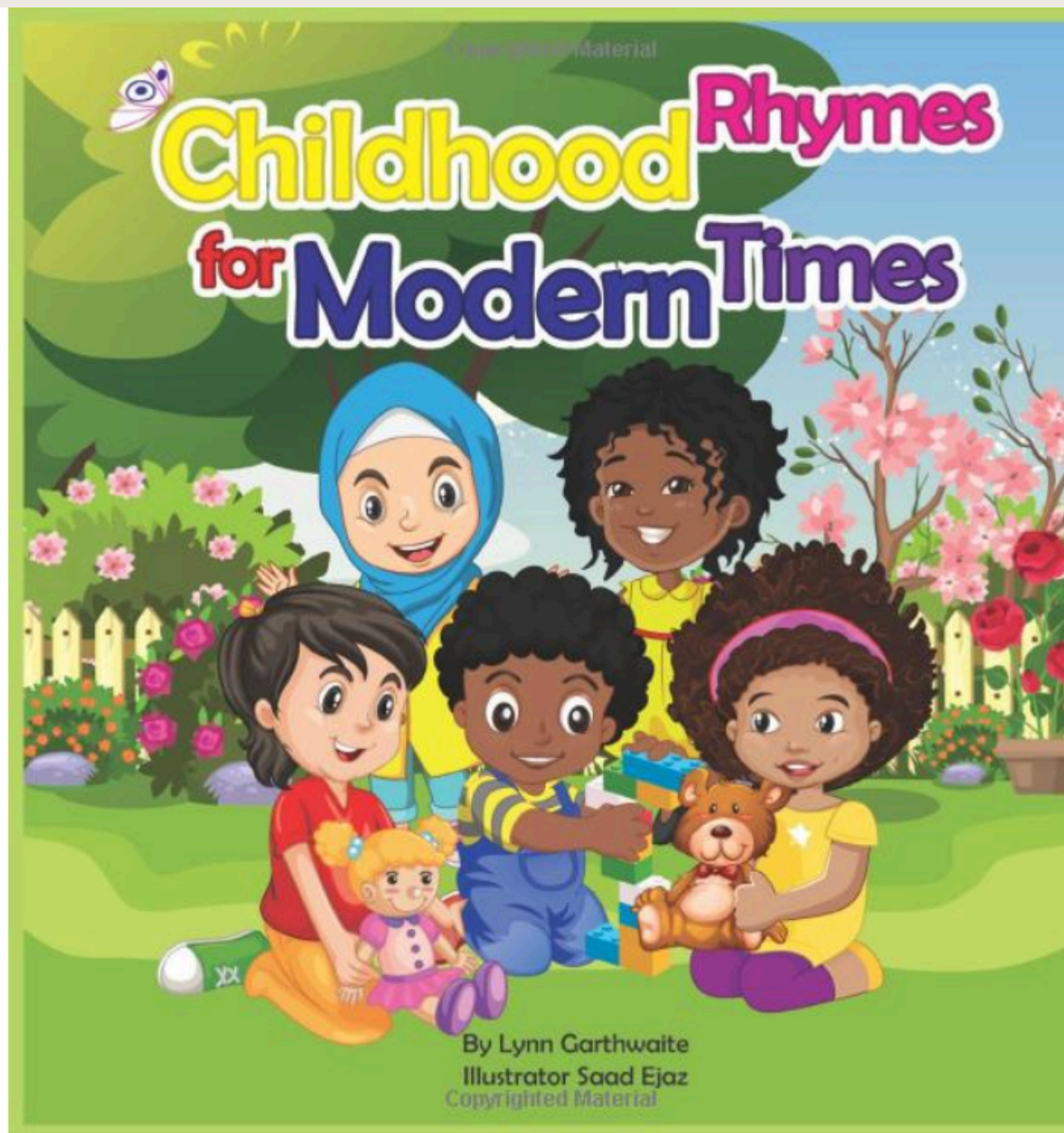
<https://loveandlightbotanicals.com/collections/all>

Ayurveda



- Discover your unique constitution through Ayurveda- the oldest medical system in the world
- Come away with tools you can utilize to meet your unique wellness goals & bring balance, energy & joy to your life
- 3 sessions with Tiffany - your **Ayurvedic Practitioner**
- <https://www.omshantiwellnessmn.com/offers/JG2oPkMr>

Children's Book



Gentle rhymes for our wonderfully diverse communities. Older nursery rhyme books had kids falling and breaking bones, and mothers reaching into cupboards that were bare. Celebrate childhood rhymes that are silly and fun, and wonderfully welcoming for all children.

www.BlueSpectrumBooks.com

River Valley Yoga Festival



River Valley Yoga Festival is a 4-day outdoor event held each year over the Autumn Equinox. The festival highlights all that yoga has to offer and includes sessions ranging from yoga asana and philosophy to forest bathing and sound healing. Attendees can expect to find over 50 different sessions throughout the course of the weekend. Held on a private, 80-acre farm near Stillwater, Minnesota, attendees are also invited to explore miles of walking trails, sauna tents, healing services, and a vendor market. Tickets range from \$150 for a 1-Day pass to \$399 for a 3-Day Pass. Suitable for all levels, from beginner to advanced. Learn more at www.RiverValleyYogaFestival.com

Moxie Mala Jewelry



Birth Flower Collection by Moxie Malas

Have you ever stopped to see what flower you are? Each month has its own unique bloom with a story to tell. Moxie Malas' Birth Flower Collection is handmade with genuine stones and crystals here in Minnesota, and makes a perfect holiday gift! (\$44)

www.moxiemalas.com

Advertise with Midwest YOGA Magazine

BLACK FRIDAY

STARTS NOW!

SHOP NOW

Midwest **YOGA**
magazine

www.midwestyogamag.com/blackfriday

This Black Friday, don't miss this steal of a deal to get your brand in front of our ever-growing audience! With our expansion to a digital format, Midwest YOGA Magazine is now publishing quarterly issues, which means double the content and double the exposure for you!

Here's the deal:

We're offering a 1/8 page Marketplace ad PLUS a solo email blast during the same quarter for just \$250 (partners) or \$295 (non-partners)—that's over a \$500 value! It's already like a buy-one-get-one-free offer, but it gets even better:

Purchase THREE issues and GET ONE FREE!

- Single issue: \$250 (partners) | \$295 (non-partners)
- Buy 3 Get 1 Free: \$750 (partners) | \$885 (non-partners)

This is an affordable and effective way to keep your brand in front of our 6,000+ digital subscribers (and counting!) all year long, both in the magazine's Marketplace section and directly in their inboxes.

www.midwestyogamag.com/blackfriday

www.midwestyogamag.com

Give-Aways!!!

When you downloaded this gift guide you were automatically entered to win one of our daily prizes from December 9-13th. Winners will be contacted via email.



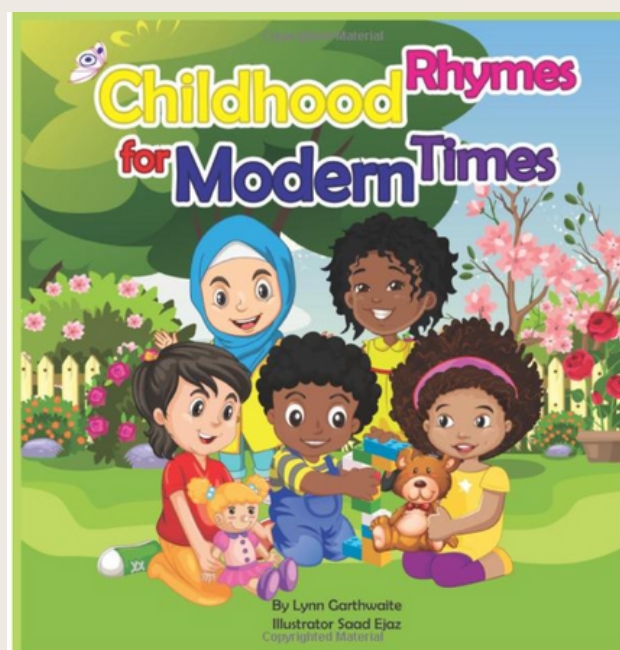
2-Day Festival Pass, Tumbler, Long Sleeve T-shirt, Beanie, Smith Tea (Meadow), Cutting Board (Valued at \$400)

Mindful Practice by Mary Higg (\$15.99 value)



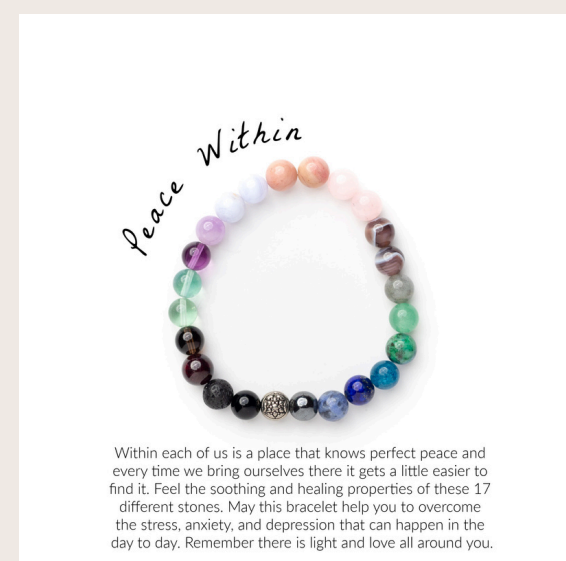
Habitual Hydrator daily moisturizer from Love & Light Botanicals (\$43.50 value)

Mermaid Blend Perfume Oil from Om Shanti Wellness MN (\$15 value)



Childhoos Rhymes for Modern Times by Lynn Garthwaite (\$18.28 value)

Peace Within Bracelet from Moxie Malas (\$44 value)



Within each of us is a place that knows perfect peace and every time we bring ourselves there it gets a little easier to find it. Feel the soothing and healing properties of these 17 different stones. May this bracelet help you to overcome the stress, anxiety, and depression that can happen in the day to day. Remember there is light and love all around you.

<https://mnyogaconference.com/>



MARCH
29 & 30, 2025
Eagan, MN

Bringing yogis of all levels together from across the Midwest.



This conference will have something for everyone, from the beginner, to the advanced, to the yoga teacher, and will include four tracks:

- **Yoga & Movement**
(asana, meditation, sound bath)
- **Health & Wellness** *(lecture)*
- **Business Education** *(lecture)*
- **Workshop**
(combo of learning & movement)

We hope to inspire you with this variety of classes to serve the midwest yoga community.

All are welcome. No experience needed. Come as you are.

VENDORS

Ahna Miki Wellness
Asivana Yoga
Big Raven Farm
Body & Brain Minnetonka
Jenson Natural Jewelry
Love & Light Botanicals
Moxie Malas
Nordic Scents Candles
OneLove.Yoga
Peak of Light, LLC
Peng Roden Her – Qigong & Acupuncture
RADIATE
Tula Yoga & Wellness
Vanashree Ayurveda
Zenith High LLC

Presented by:

Midwest **YOGA**
magazine

www.mnyogaconference.com

RIVER VALLEY YOGA FESTIVAL



SEPT. 18-21, 2025
STILLWATER, MN.



YOGA. MEDITATION. FOREST BATHING. SOUND HEALING.
WISDOM TALKS. VENDORS.



<https://www.osceolaretreat.com/>



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EXPERIENCE THE LIGHT, EMBRACE
YOUR HAPPINESS



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PRIORITY**

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“Experience
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Let the timeless beauty & tranquil ambiance inspire your retreat, or next special event.

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