

Los Angeles

Yogi  
times

lifestyle for the modern yogi ●●●●●  
march issue 40

# The Men's Issue

Getting to the Core  
Pilates and Yoga

**6** Natural Keys to  
Prostate Health

Is Yoga Macho  
Enough for America's Men?

**Yoga for Life**

The Yoga Sutras of Patanjali

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## for the man who has everything

### Sustainable Men's Hats by Urban Edge

These stylish and comfortable hats are individually crafted and designed by New York-based designer, Evan Knapp, with the planet in mind. Using renewable materials like bamboo fibers and organic alpaca wool, Urban Edge provides a versatile fantastic look that is 100% guilt-free. Available at Barneys. [urbanedgetd.com](http://urbanedgetd.com) - \$270



### Stirlen Chi

Stirlen Chi introduces a new line of cleaning products for yoga mats and equipment. These products are nontoxic, biodegradable, environmentally friendly, are not tested on animals. They offer Mat Wash, Mat Refresher, and Mat Cleanser with no lingering scents. When used regularly, these cleansers will help extend the life of your yoga accessories. [StirlenChi.com](http://StirlenChi.com)

### Hemp Barbecue Apron

These aprons are made from a sustainable, naturally-dyed, hemp/cotton blend. Hemp is three times stronger than cotton and requires no pesticides to grow. They are hand-woven in a village producer cooperative, specializing in traditional patterns and techniques. Your purchase helps to keep these crafts alive by funding equipment and training.

[Globalexchangestore.org](http://Globalexchangestore.org) - \$29

