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# Gift Guide for the Yogi & Yogini

December 14, 2016 by [anjayoga](#) [0 Comments](#)

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## *The Yogi's Gift Guide*

This is the season of spreading joy – and julehygge (Christmas Hygge!)

And if you are sharing presents and you are stuck, stressed and confused here are some ideas (for yourself and others).

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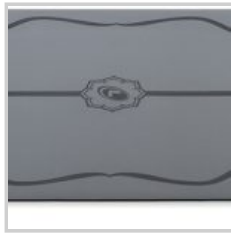
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## Yoga Essentials



Classic Yoga Pants



Yoga Mats



Gift Vouchers for  
Streatham Classes

One of my favourite brands are the super ethical Wellicious (I wear them a lot!). These [classic yoga pants](#) £75 are also great for travel. Yoga mats come in all different details and prizes. Pictured is the [Liforme Mat](#) from £85 (get £10 off using ANJABL15) but have a look [here](#) for more suggestions. And of course you can always ask or offer a [gift voucher](#) for the Yoga Classes in Streatham!

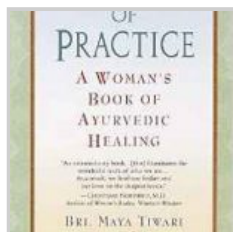
## Ayurvedic Inspiration



Neti Pot to clear the  
nose



Surrender Massage  
Oil



Maya Tiwari  
Ayurveda Book

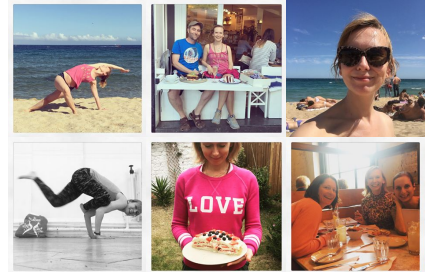
Oil massage is essential in Ayurveda. Maui has some beautiful luxurious ones such as this [Surrender Vata decreasing oil](#) £44. I also love Banyan Botanical's [Daily Massage Oil](#) from \$12.95. For more Ayurvedic Inspiration read [Maya Tiwari's](#) books. I included the [Neti Pot](#) (nose cleaner £13.59) because it's one of my essentials in my daily routine. Keep the nose clean and germ free!

*For The Goddesses*

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*Inspiring Goddess literature*



*Rose Body oil fit for a Goddess*



*Urban Goddess Yoga wear (yes, that's the name of the brand)*

Some of my favourite books on the goddess include: Renee Starr's [You are Woman, You are divine](#), Sally Kempton's [Awakening Shakti](#) including her cd and Dr. David Frawley's [Tantric Yoga and the Wisdom Goddesses](#). To feel like a Goddess enjoy [Ren's Rose Body oil](#) £26. I love [Urban Goddess](#) yoga wear – super soft and organic too. This top is €39,95.

### For the Deluxe Yogini



*Super cosy soft yoga mat*



*Cashmere cardigan*



*Ayurvedic Inspired Candle*

I always wanted to try the most luxurious yoga mat for relaxation and yoga nidra from [Holistic Silk](#) £175! Maybe together with [Sweaty Betty Cashmere Hoody](#) £175 and this beautiful [Mauli Sundaram & Silence Candle](#) £55 for a total cosy relaxation.

### Gifting the Men in our life



*Ashwagandha for energy, stamina*



*Men's Yoga Wear*



*Post-Shave & Beard Oil*

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and balance

[Ashwagandha](#) is one of the popular ayurvedic supplements. Used as an adaptogen and for energy and strength. I love [Omnitom Organic yoga wear](#) + they do have a small range for men too. For an ayurvedic inspired [Men's Post Shave & Beard Oil](#) try this one from Maui.

## Enjoy the season

Also have a look on my [shop page](#) for more ayurvedic and yogic inspired ideas. And enjoy yoga [online here](#).

But most importantly is the gift of **being present**.

Enjoy the holidays,

Anja

Please note: Prices/discounts correct at time of writing. Some of my favourite products are also affiliates. This means if you use my links (of those that are affiliate) I may be offered a small commission with no extra cost to you (thank you if you choose to use them). However I am only affiliated with companies I already love and use.

Bewaren

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