

# Om giveaways



## Yogastickmen Cards – The ‘Bold’ Range

Reach out to someone, send them some love and put a smile on their face...this is what the Yogastickmen cards and gifts have been designed to do. Blank inside for your own message.

£3.00 each | [yogastickmen.com](http://yogastickmen.com)

Enter online at [ommagazine.com/boldrange](http://ommagazine.com/boldrange)



## Prana Crossback Top

Fitness Fashion Brand Crystalcups Lifestyle has recently launched a collection that features a new Crystal Healing concept, allowing the wearer to incorporate the power of crystals whilst practicing in any meditation, yoga or pilates routine. A cleverly designed integrated pocket sits over the heart chakra within the top and can house any crystal that the wearer chooses to work with. All tops come with a tumbler pack of four crystals.

£39 | [crystalcupslifestyle.com](http://crystalcupslifestyle.com)



Enter online at [ommagazine.com/crystalcups](http://ommagazine.com/crystalcups)

## The Oh She Glows Cookbook by Angela Liddon

This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouth-watering, wholesome recipes – from revamped classics that even meat-eaters will love, to fresh and inventive dishes – all packed with flavour. The Oh She Glows Cookbook also includes many allergy-friendly recipes.

£16.99 | [penguin.com](http://penguin.com)



Enter online at [ommagazine.com/ohsheglows](http://ommagazine.com/ohsheglows)

## Sohavi 18K Gold Vermeil Prem Necklace

Prem meaning love in Gurmukhi on the front is written in a hand scripted italic style for that unique personal touch. Pendant can be worn both ways as Love is on the back in English. On a beautiful 18 inch snake chain a classic and precious piece of jewellery perfect for gifting.

£145 | [sohavi.com](http://sohavi.com)

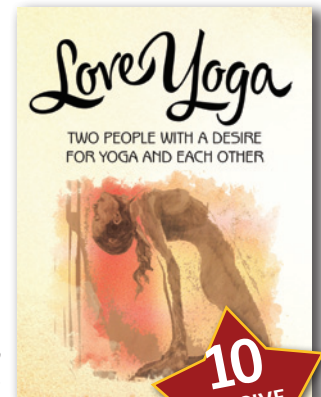


Enter online at [ommagazine.com/sohavi](http://ommagazine.com/sohavi)

## Love Yoga – Lisa Perris

Love Yoga is a book that can be enjoyed by all adults in this easy to follow guide. Love Yoga is a comprehensive manual of a selection of yoga poses including breathing techniques with a sensual twist. Love Yoga combines the yoga postures together creating bonding sexual positions.

£9.00 for paperback, also available for download | [loveyogabook.com](http://loveyogabook.com) and [white-ridge.co.uk](http://white-ridge.co.uk)



Enter online at [ommagazine.com/loveyoga](http://ommagazine.com/loveyoga)