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## 2015 HOLIDAY GIFT GUIDE: GIFTS FOR THE ZEN WARRIOR

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You might not be able to give the gift of enlightenment this holiday season, but your yogi friends and family can find bliss with presents that help further them on their zen-paved paths.

### 1. CALIA by Carrie Underwood Fruit Infusion Water Bottle (<http://d.sg/JAE>)

Be it hot yoga or a powered-up mat practice, the yogi on your list will love rehydrating with this sleek, not-so-basic bottle. Add fresh fruit to the bottom to give water a hint of flavor.

### 2. CALIA by Carrie Underwood Mat Towel (<http://d.sg/JAF>)

Poses can feel impossible when hands and feet won't stop slipping. Help your giftee stay in place with this super-absorbent, soft microfiber towel that delivers greater grip control when used on top of mats, carpet, or studio surfaces.

### 3. GaiaM On-The-Go Yoga Mat Carrier (<http://d.sg/JAG>)

Give your favorite yogi a comfortable and convenient way to transport their mat from home to studio. This bag adapts to mats of all sizes and includes a handy exterior expandable zip pocket for storing accessories, such as socks and towels.

### 4. Under Armour Women's StudioLux Duffel Bag (<http://d.sg/JAH>)

An active lifestyle is a lot easier with a duffel bag that makes toting studio gear apparel hassle-free. Bring some zen to someone in your life with this tote featuring quick-stash pockets, a removable laundry bag, and a clear toiletry pouch, making it a perfect pick for travel, too.

### 5. GaiaM Flower of Life Yoga Block (<http://d.sg/JAJ>)

Assist your zen warrior with a gift that can increase stability, deepen stretches, and provide proper alignment. This block is the ultimate prop in achieving difficult poses.

### 6. CALIA by Carrie Underwood Women's Effortless Heather Shawl Cardigan (Gray) (<http://d.sg/JAK>)

This shawl-style cardigan makes an easy transition post-practice from fitness to fashion. The recipient will enjoy the loose, roomy fit and long length, for the perfect cozy layer to wear on a cool day.

### 7. adidas Women's Ultimate Fit Tights (<http://d.sg/JAM>)

With a streamlined look that is perfect for yoga, Pilates, or barre class, these shape-flattering, lightweight tights are great for any studio-goer. The pants pull away moisture to keep the wearer dry, and the stretchy fabric allows for bending and stretching comfortably to reach fitness goals with confidence and style.

### 8. Nike Women's Dri-FIT Knit Tank Top, (Electro Orange) (<http://d.sg/JAN>)

This is a must-have top for any studio regular, as the racerback design and longer length offer excellent range of motion and coverage. It also helps your giftee stay cool when her practice heats up, thanks to Dri-FIT fabric that wicks away sweat and dries fast while staying comfortably smooth on skin.

### 9. Manduka 5mm LiveON Yoga Mat (Midnight) (<http://d.sg/JAP>)

Support your yogi's practice and the planet with an eco-conscious mat made from PLUSfoam material that is 100 percent reclaimable and recyclable. Supportive cushioning offers bone and joint protection on hard surfaces, making this gift as good for the body as it is for the environment.

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