



HOW TO LOOK 5 YEARS YOUNGER

BALINI  SPORTS

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THANK YOU 38



BALINI SPORTS

What you put in your body
matters as importantly as
what you wear.

HOW TO LOOK 5 YEARS YOUNGER

What would life be like if you woke up looking and feeling 5 years younger? Would you be more confident, adventurous, and empowered? It can't happen overnight, but we promise if you follow these simple tips, you will feel and look younger in 30 days. I know you don't have a lot of time to devote to reversing the clock; that's why we've created some quick and easy lifestyle hacks that can make you look and feel five years younger, mind – body – and soul. How To Look 5 Years Younger was written to help you optimize three aspects of your life:

1. What you put in your body

– [9 Yummy Vegan Recipes we love](#)

2. How you move your body

– [15 Anti-Aging Yoga Sequences created just for you](#)

3. How you pamper your body

– [8 Simple New Habits for you to include in daily life](#)



BaliniSports is all for living a sustainable, happy, and healthy life.

Last, but not least, I saved what just might be the most important advice for how to live a sustainable, healthy, simplified lifestyle – so make sure you read to the end! All of the tips in this book come from my heart to yours, because I believe that once we've found the secret to happy a life, we should share it! Here's to being young at heart - and in every possible way.



Ada
Designer of BaliniSports



Inspiration from Pinterest

RAINBOW SLAW SALAD

VEGETARIAN,
GLUTEN FREE & PALEO

Part I

9 Yummy Recipes We Love

– [Eat Your way to Looking Five Years Younger Anti-Aging Yoga sequence created just for you!](#)

Rainbow Slaw Salad
Vegetarian, Gluten Free & Paleo

Part of the rainbow diet, this crunchy salad is rich in phytochemicals. Eating naturally colorful foods provides exclusive nutrients that promote good health and fight diseases.

Ingredients

Produce

1 cup Carrot, chopped
1 cup Cilantro, chopped
4 Green onions, chopped
3 cups Red cabbage, chopped
1 cup Sugar snap peas, chopped

Condiments

1/4 cup Honey
1/4 cup Lime juice

Baking & Spices

1/4 tsp Pepper, ground
1 Pepper, yellow
1 Pepper, red
1/2 tsp Salt

Oils & Vinegars

1/3 cup Olive oil
2 tbsp Vinegar

Nuts & Seed

1 tbsp Ground cumin



Inspiration from The Joy of Real Food
by Rowena Jayne

CARROT LIME APPLE

SERVES 2

This is a great anti-inflammatory boost, full of antioxidants and natural goodness. I ordered a juice in a café one afternoon with carrot, lime and apple as it sounded delicious. I was informed it was “fresh”, but it turned out the lime was cordial, the apple, packaged and only the carrot fresh. As a result, I came home and created my own.

Ingredients from nature

- 5 carrots
- 2 large apples
- 2 inch piece turmeric root
- 2-3 limes, peeled
- 1 inch piece of ginger

Joyful Preparation

Juice all ingredients and pour into a glass.



Inspiration from The Joy of Real Food
by Rowena Jayne

POLYNESIAN GREEN MANGO SALAD

SERVES 1-2

Ingredients from nature

- 2 small green mangoes, julienned
- 1/2 cup celery, julienned
- 1/2 cup red capsicum, julienned
- 1/2 cup carrot, julienned
- 1/2 cup red cabbage, thinly sliced
- 1/4 cup fresh coriander leaves, roughly chopped
- 1 tablespoon ginger, peeled and finely grated
- 1/4 cup chopped fresh macadamia nuts (or cashew nuts)

Joyful Preparation

In a medium serving bowl, add all ingredients and toss. Garnish with coriander and nuts. That's it! Nuts are optional for those allergic to them.



Inspiration from The Joy of Real Food
by Rowena Jayne

FUSION ROLLS

WITH
ALMOND
CURRY
DIPPING
SAUCE

(Yields 6 rolls and 3/4 cup dipping sauce)

Ingredients from nature

Rice Paper/Cabbage/Lettuce Rolls

- 6 sheets rice paper/cabbage/lettuce leaves
- Hot water

Vegetables

- 2 cups wongbok cabbage or iceberg lettuce shredded
- 2 medium carrots, grated
- 2 cups dried shiitake mushrooms
- 1 tablespoon olive oil
- 2-3 teaspoons Braggs Aminos 1 cup mint leaves
- 1 cup coriander leaves

Almond Curry Dipping Sauce



Inspiration from The Joy of Real Food
by Rowena Jayne

- 3/4 cup coconut milk (see Staples) 1/2 cup almond butter (see Staples) 1/2 large clove garlic
- 1/2 teaspoon ginger root
- 1 1/2 teaspoons curry powder
- 1 tablespoon macadamia nut oil
- 2 teaspoons maple syrup
- 1 teaspoon Braggs Aminos
- 1 teaspoon chives/shallots
- 1 teaspoon sea salt
- 1/4 teaspoon coriander powder
- 1/4 teaspoon chilli powder
- 1/4 teaspoon lemon juice
- 1 teaspoon onion powder
- Pinch cayenne pepper
- Pinch black pepper

Dressing: Blend ingredients in a high-speed blender until smooth. Set aside.

Vegetables: Soak the dried shiitake mushrooms for 1 minute in hot water. Strain and squeeze out excess juice. Place in a bowl and add olive oil and Braggs. Mix through and leave aside while preparing other vegetables. Shred all vegetables and herbs and mix together in a large bowl. Add shiitake mushrooms and mix through.

Rolls: Steep a rice paper in hot water for 30 seconds until it softens. Place on a cutting board. Place small amounts of each ingredient into the centre of the rice paper/cabbage/lettuce leaf and roll up. Repeat until all ingredients are used. Serve with the dipping sauce.

Joyful preparation



Inspiration from The Joy of Real Food
by Rowena Jayne

ASIANA ARAME NOODLES

SERVES 2

Ingredients from nature

- 1 1/2 cups arame seaweed
- 1/2 cup beetroot, sliced on a mandolin then chopped into lengths
- 1/4 cup red cabbage, sliced finely
- 1 tablespoon sunflower seeds
- 1/4 cup dried shiitake mushrooms

Dressing

- 1/4 cup tamari
- 1/4 cup tahini
- 1 tablespoon sesame oil
- 1 date, pitted
- 1 clove garlic, minced
- 1 teaspoon ginger

- 1 tablespoon apple cider vinegar
- 1 teaspoon lemon juice
- Pinch salt

Joyful Preparation

In a bowl, soak arame seaweed for 5-10 minutes until it expands. Rinse and set aside. Soak the dried shiitake mushrooms for 1 minute in hot water then strain and squeeze out excess juice from the mushrooms. Place mushrooms in a bowl, add a teaspoon each of olive oil and Braggs Aminos or tamari, mix through and leave aside. In a food processor add the dressing ingredients and pulse until smooth and creamy. Toss all ingredients together in a bowl and serve.



Inspiration from Pinterest

COCONUT GAZPACHO

Coconut is full of natural fats that provide the body with energy!
In addition, it is great for your skin.

Ingredients

3-4 Tomatoes, cubed
1 cup Fresh coconut meat
Handful of fresh cilantro
Fresh garlic to taste
1 tbsp Soaked chia seeds in 4 tbsp water
Sea salt to taste
Black pepper to taste
Water to desired consistency (should be 4 cups or so)

Instructions

Blend until creamy. Chill, and enjoy.



Inspiration from Pinterest

SWEET LIFE MINT CHOCOLATE CAKE (VEGAN, RAW)

What do you get when you combine the antioxidants of dark chocolate with the soothing power of mint? A treat that's good for your gut, your brain - and your breath!

Ingredients to Create the Base

- 1 cup of Oats
- 1 cup of Dates
- 1 teaspoon Cacao powder
- 1 teaspoon Vanilla extract

Ingredients to Create the Rich Chocolate Layer

- 2 tablespoons Cacao powder
- 1/4 cup Melted cacao butter
- 1/4 cup of Dates
- 1 tablespoon Maca powder

- 1 tablespoon Lucuma powder
- 1 Banana for thickness

Ingredients to Create the Mint Layer

- 1 avocado
- 3 to 4 tablespoons Greens powder
- 1/6 cup Coconut nectar (or other preferred liquid sweetener)
- 2 tablespoons Melted coconut oil
- 1/8 cup Packed mint leaves (or approximately 10 drops of peppermint oil)
- 1 teaspoon Vanilla extract
- Pinch of salt (optional)

To Prepare the Base Layer

- Pulse the oats in your food processor until you've created flour.
- Add in the rest of the ingredients and process until you notice that it is sticking together.
- Press into the bottom of a lined baking pan; place in the fridge.

To Prepare the Chocolate Layer

Blend all the ingredients together until smooth. If it's too thick, add some water.

Pour onto your base and put in the freezer until solid, about 1 hour.

To Prepare the Mint Layer

- Blend all your ingredients until the texture is smooth.

Now, spread the mixture onto your chocolate layer. Refrigerate overnight until the form is set. Feel free to decorate with mint leaves or cocoa shavings.



Inspiration from Pinterest

RASPBERRY CHIA PUDDING

Chia is a wonder food that provides a huge boost of natural, long-lasting energy in a small package.

Ingredients

2 cups Unsweetened almond milk
2 tsp. Raw honey
 $\frac{1}{2}$ cup Chia seeds
2 cups Fresh or frozen raspberries
A few fresh mint leaves

Preparation

Combine your almond milk, honey, chia seeds, and raspberries in a medium bowl, and then mix together well.

Cover the bowl, then refrigerate for at least 4 hours or overnight. Don't forget to mix it after 2 hours.

Next, put your chia seed mixture in small serving glasses or bowls. Add a few extra berries and mint leaves for decoration.

Enjoy!



Inspiration from Pinterest

GREEN SMOOTHIE

Dark, leafy green vegetables do wonders for our bodies inside and out. They can make our bodies more alkaline and detoxify our systems. Consuming them can lead to more energy, better cardiovascular health, disease prevention, and even better looking skin! The most efficient way to get these veggies is to drink them!

Ingredients

- 1 Large handful of spinach, kale, or Swiss chard
- 1 Ripe banana
- 1 Yummy fruit of your choice

- 1 Stick of celery
- Juice of 1 fresh lemon
- Fresh ginger to taste
- 1 tsp Chia seeds
- Handful of ice
- Desired amount of fresh water (depending on how thick you want the consistency to be)

Optional

Natural sweetener, such as honey or syrup

Instructions

Blend until smooth.

Enjoy!



SIMPLE SEATED TWIST

SUKHASANA TWIST

Part II

How you move your body

– [15 Anti-Aging Yoga Sequences created just for you!](#)

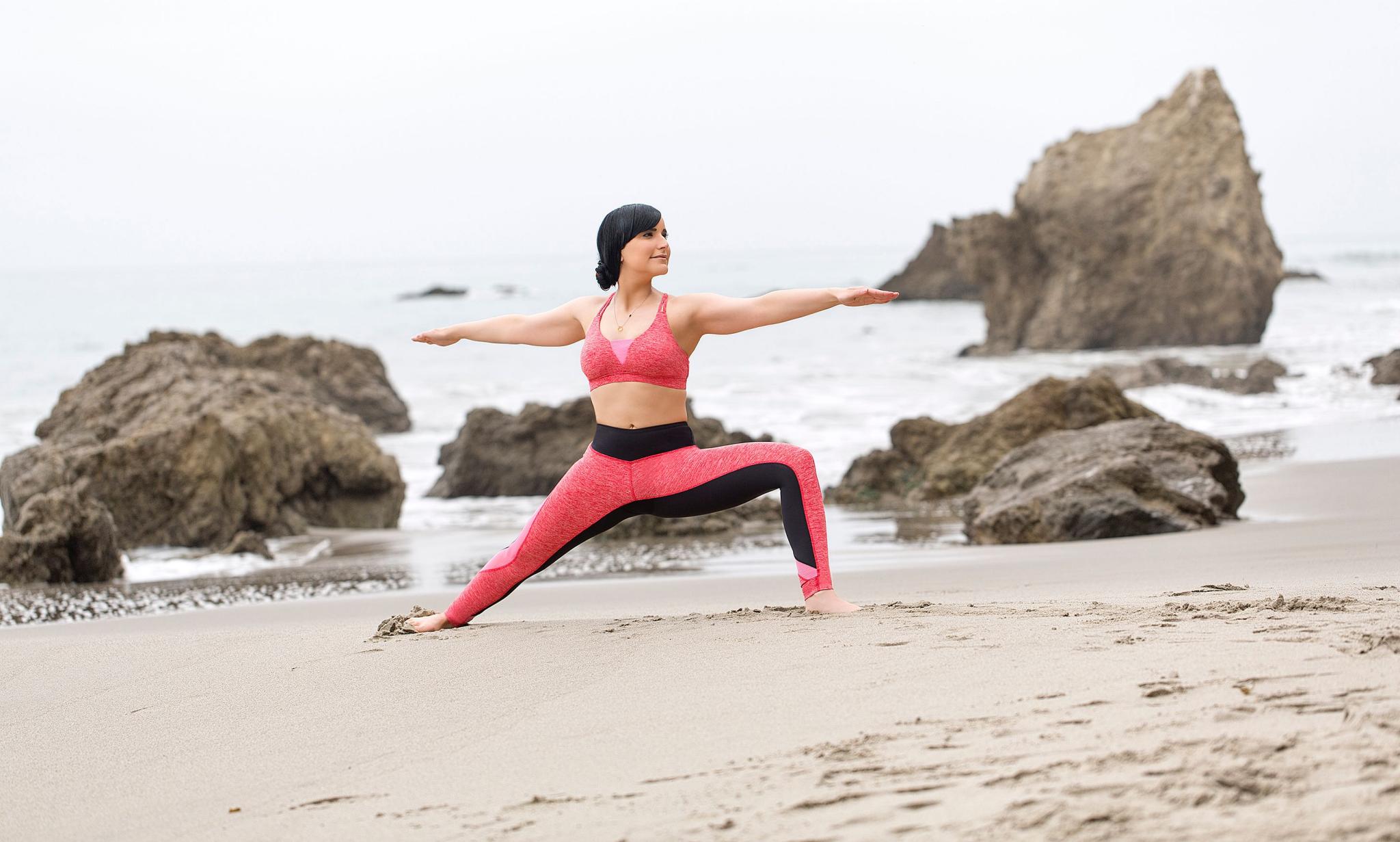
Pose #1

Simple Seated Twist

[Sukhasana Twist](#)

From Dandasana bend the knees and cross the center of the shin bones, guiding the heels of the feet towards under the knees. Making sure to neither pitch nor tuck the tailbone, lengthen the tailbone down towards the floor until the bowl of the pelvis is upright.

Continue to lift the sides of the waist away from the bowl of the pelvis. Allow the shoulder heads to relax into the shoulder girdle and elongate the neck by drawing the chin slightly in towards the throat. Place the right fingertips behind your back and you bring your left hand to the right knee. Inhale finding length in the spine and on an exhale begin to twist toward the right. Eventually the gaze turns to look over the right shoulder.



WARRIOR II

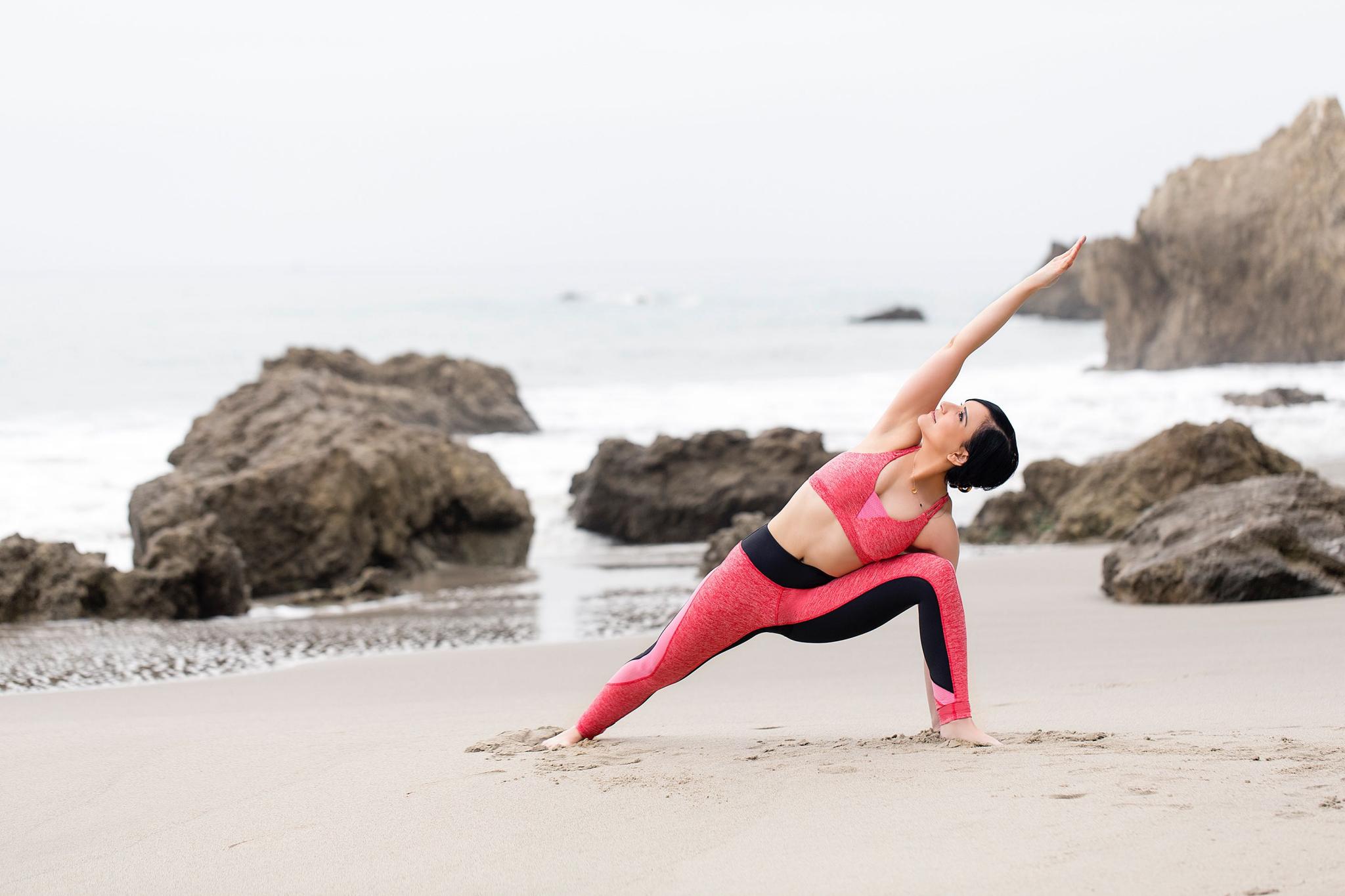
VIRABHADRASANA II

Pose #2 Warrior II

From Tadasana, exhale and step your right foot to the back of the mat in a nice wide stance about 4-5 apart with both feet parallel and facing the side of the room. Raise your arms to a "T", palms facing down, reaching actively thru the fingertips. Adjust right heel of front foot in line with arch of back left foot, pivoting the heel of your back foot. Torso faces the side of the room. Firming into the heel of the right/front foot, exhale and bend your front leg into a lunge so that the knee lines up over the ankle, eventually working towards bringing the thigh of the front leg parallel to the floor.

Continue lifting the torso up so that it remains upright and centered (neither shifting forward or back) and relax your tailbone down and in toward the pubic bone. Continue to stretch back through your back left arm so that the torso remains upright. Turn your gaze over the front hand. The weight should remain in your back leg with the outer portion of your back foot grounding into the floor. Be mindful not to hyperextend the extended leg.

To exit from this pose, on an inhale, firm the thigh to straighten your bent right leg and pivot your feet to face the side of the room. Then lower your arms to the side and step to the front of your mat, ending in Tadasana.



EXTENDED SIDE ANGLE

UTTHITA
PARSVAKONASANA

Pose #3 Extended Side Angle

Utthita Parsvakonasana

From Warrior II, begin to shift at your hip as you draw your right hand to the top of the right thigh or to the outer edge of your right foot. Left arm extends towards the ceiling and then eventually over the left ear, pinky finger of left hand facing towards the mat. Firm your right outer hip down and in towards midline. Your right sit bone draws back toward heel. Actively ground into the outer edge of the left foot. Continue to breathe into left side waist and isolate left torso open. On an inhale ground into the feet and float up to Warrior II.



TREE POSE

VRKSASANA

Pose #4

Tree Pose

Vrksasana

From Tadasana, hug your right knee into the chest. Descend the right hip down and in and engage the right thigh. Place the right foot into the inner thigh (below or above the knee). Soften the naval in to lift through the sides of the waist. Tailbone descends toward left heel. Hands rise to your heart center or overhead. To exit, lower the right foot to meet the left.



WIDE LEG FORWARD FOLD

PRASARITA PADOTTANASANA

Pose #5

Wide Leg Forward Fold

Beginning in Tadasana, on an exhale and step your right foot to the back of the room in a nice wide stance about 4-4 ½ feet apart with both feet parallel to the side of the room. On an inhale, lift up through your torso and ground through your feet. On an exhale, mindfully begin to tilt from your pelvis as you bring your hands to the mat, potentially in line with your feet so that your arms look like they are in Chaturanga. The elbows should be stacked over the wrists. Slowly over time, your head will rest comfortably on the mat or block. Your weight should be firmly rooted on all four corners of your feet and not on your heels. If you feel the weight more prominently in your heels, shift your weight slightly forward towards the balls of your feet. Draw your shoulder blades down your back and away from your ears. Elongate your neck. On your next inhale, root into your feet, engage your leg muscles, firm your belly and reach your chest half way up. Pause and bring your hands to your hips. Inhale, rise to stand.



INTENSE SIDE STRETCH (PYRAMID) POSE

PARSVOTTANASANA

Pose #6

Intense Side Stretch

From Tadasana, keep the hips neutral and step the right foot back (avg. 3-4ft) pivoting the heel down to ground so that the foot is at a 45 degree angle. Roll the outer right hip forward (towards the front foot) and in (to the midline), stabilizing this action by powering the inner thigh of the leg to resist back as the inner arch of the back foot lifts and outer edge grounds down. Tip the bowl of the pelvis forward while tractioning the sides of the waist away from the pelvis. Elongate the spine forward and then down, bringing the hands to the floor underneath the shoulders. To encourage more of a balancing posture, you can either clasp opposing elbows behind the back or bring your hands into reverse Namaste at your back. Gaze forward and down towards the shin.

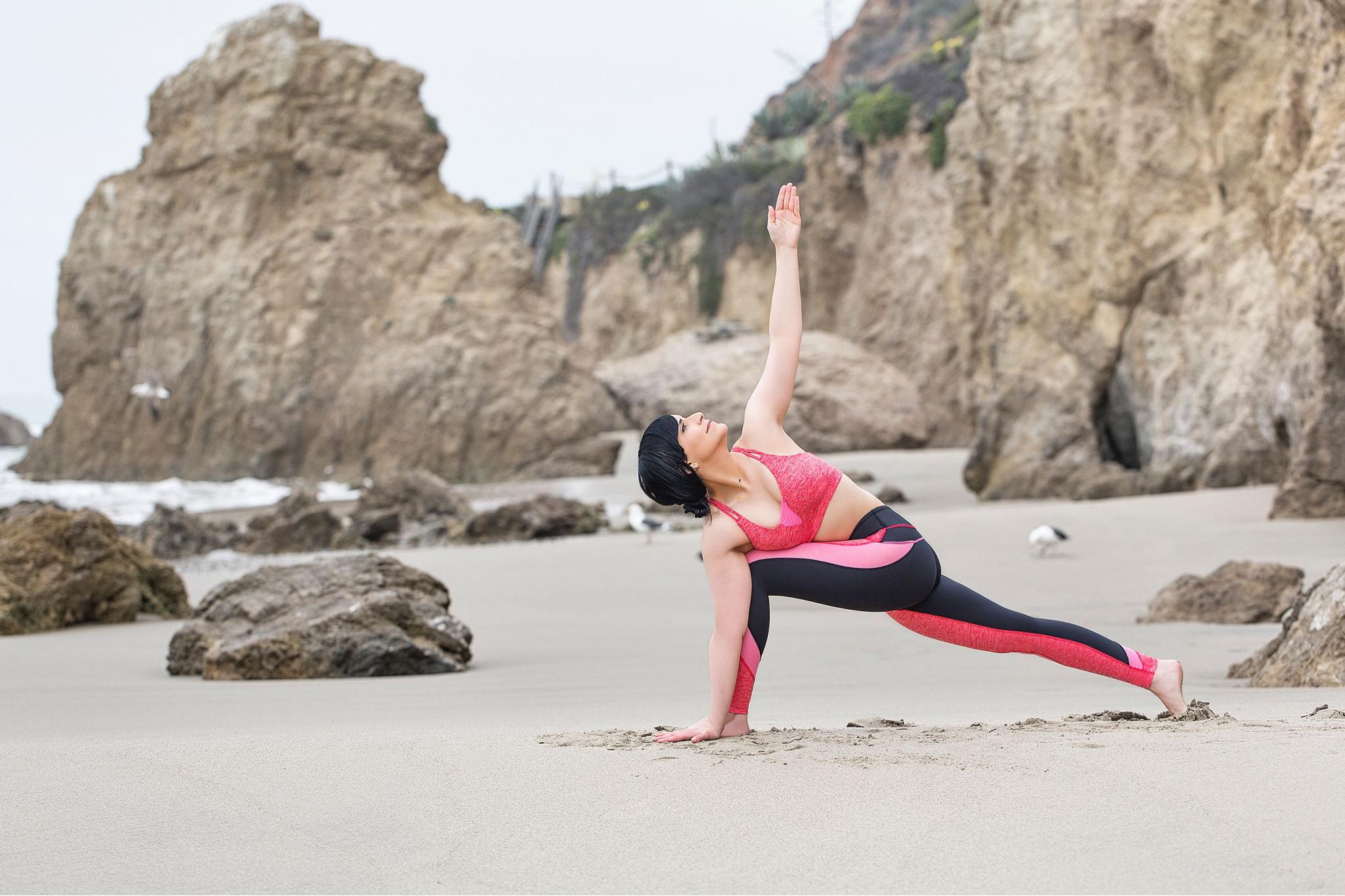


CRESCENT LUNGE

VIRABHADRASANA PREP POSE

Pose #7 **Crescent Lunge**

From down dog lift the right leg up and back, firming the inner right thigh. On an exhale, bring the right foot between hands. Engage the belly and rise up into Crescent Pose (keeping the left heel lifted). Draw the right thigh bone into right hip socket and engage the top of the inner left thigh. On an inhale, kiss the belly towards spine as you lift the side waist up and breathe into the back of the waist.

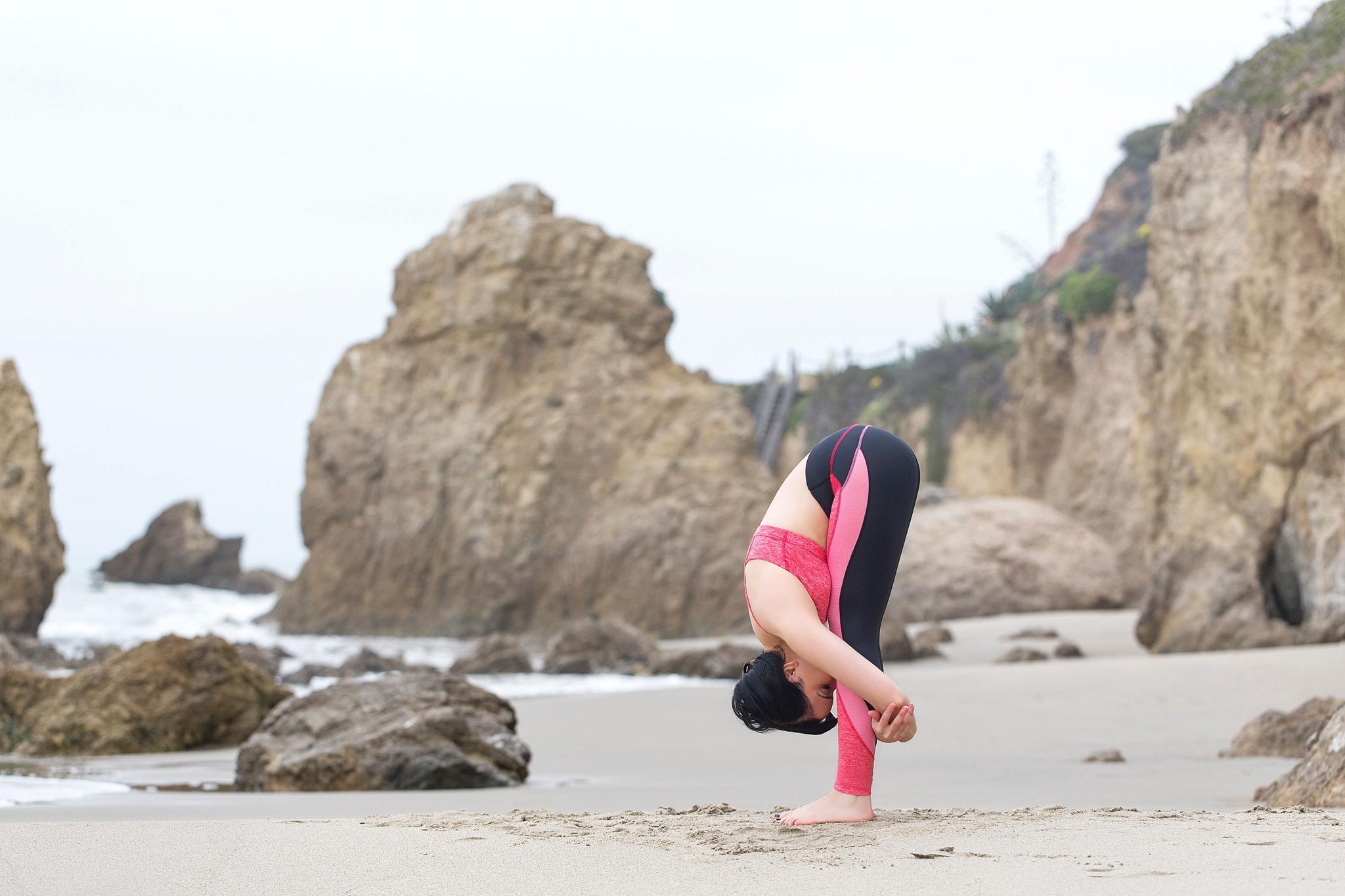


CRESCENT LUNGE WITH A TWIST

VIRABHADRASANA PREP WITH A TWIST

Pose #8 **Crescent Lunge with A Twist**

From Crescent lunge, exhale as you gather your hands into heart center. On an inhale, scoop the belly in a little more and consider engage that left leg a little firmer. Exhale as you twist towards the right side of room, hooking the elbow over right thigh. Your back leg is your anchor and should remain strong. On an exhale, slide your left shoulder blade down back. Inner thighs kiss and hug towards each other, to help you stabilize in this pose. As your collar bones spread, consider opening your arms to further expand your chest. Energy lifts up through the finger-tips as you firm your left inner thigh. Inhale and release bringing your hands on either side of your foot to release this pose.



STANDING FORWARD BEND

UTTANASANA

Pose #9 Standing Forward Bend

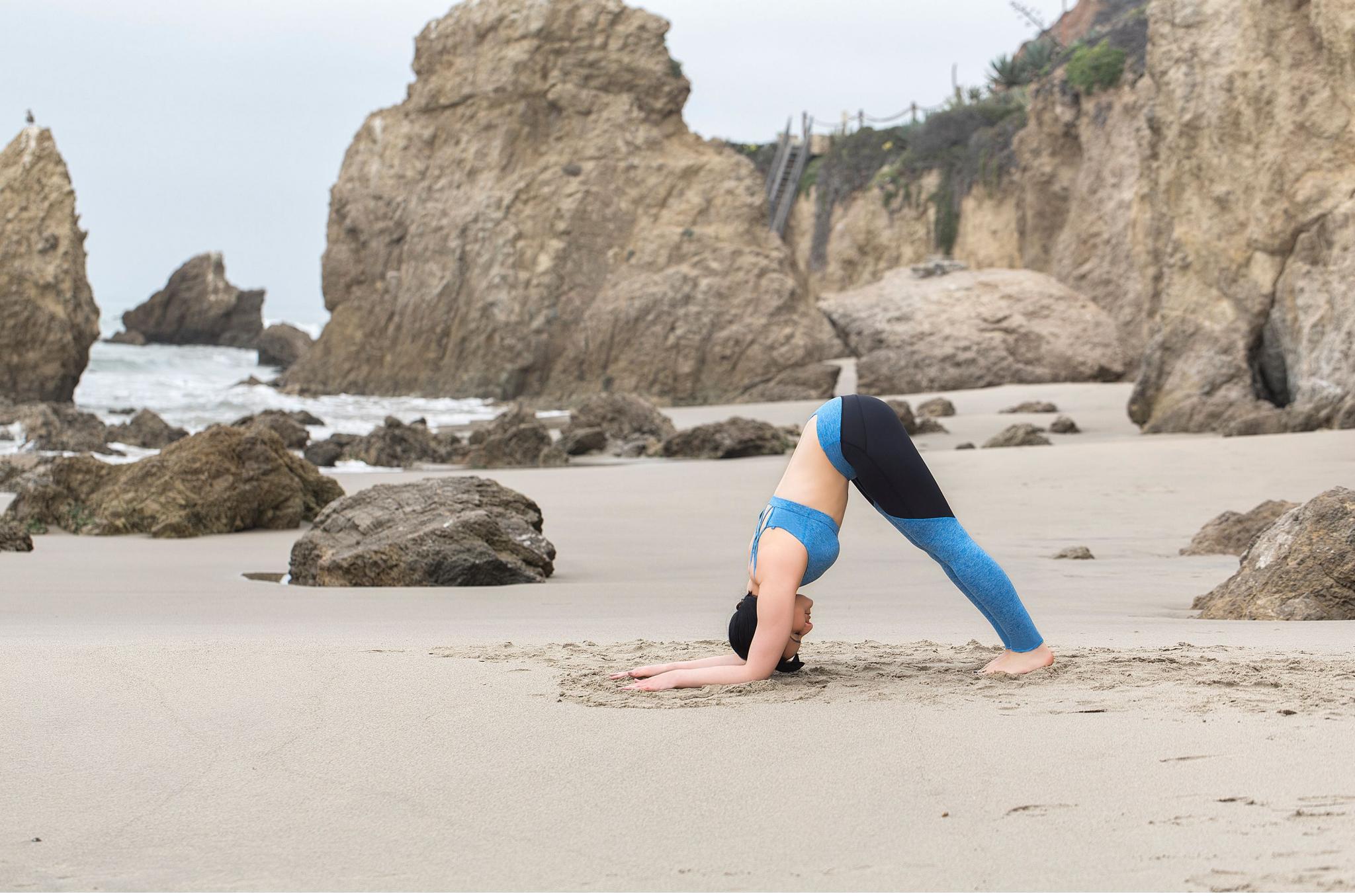
From Tadasana, exhale as you forward fold over your legs, keeping the knees bent any amount so the torso can rest on the tops of the thighs. Extend your feet wide if you don't feel balanced or if this is simply more comfortable in your body. Continue to find length in the spine. On an exhale bring your hands to your hips as you engage your belly. On an inhale, rise to stand.



SPHINX

Post #10 **Sphinx**

Begin by starting on your belly. Lengthen your tailbone towards your heels to protect the lower back. Bring your elbows in line with your shoulders and your forearms on the floor parallel to each other. Spread through your fingertips. Inhale and lift your upper torso and head away from the floor. Resist your forearms back as you continue to slide your chest through your arms on an inhale. Continue to widen your collar bones, sliding your shoulder blades down and back, pressing tips of the shoulder blades into chest. Exhale and lower your chest by reaching your chest forward and down.



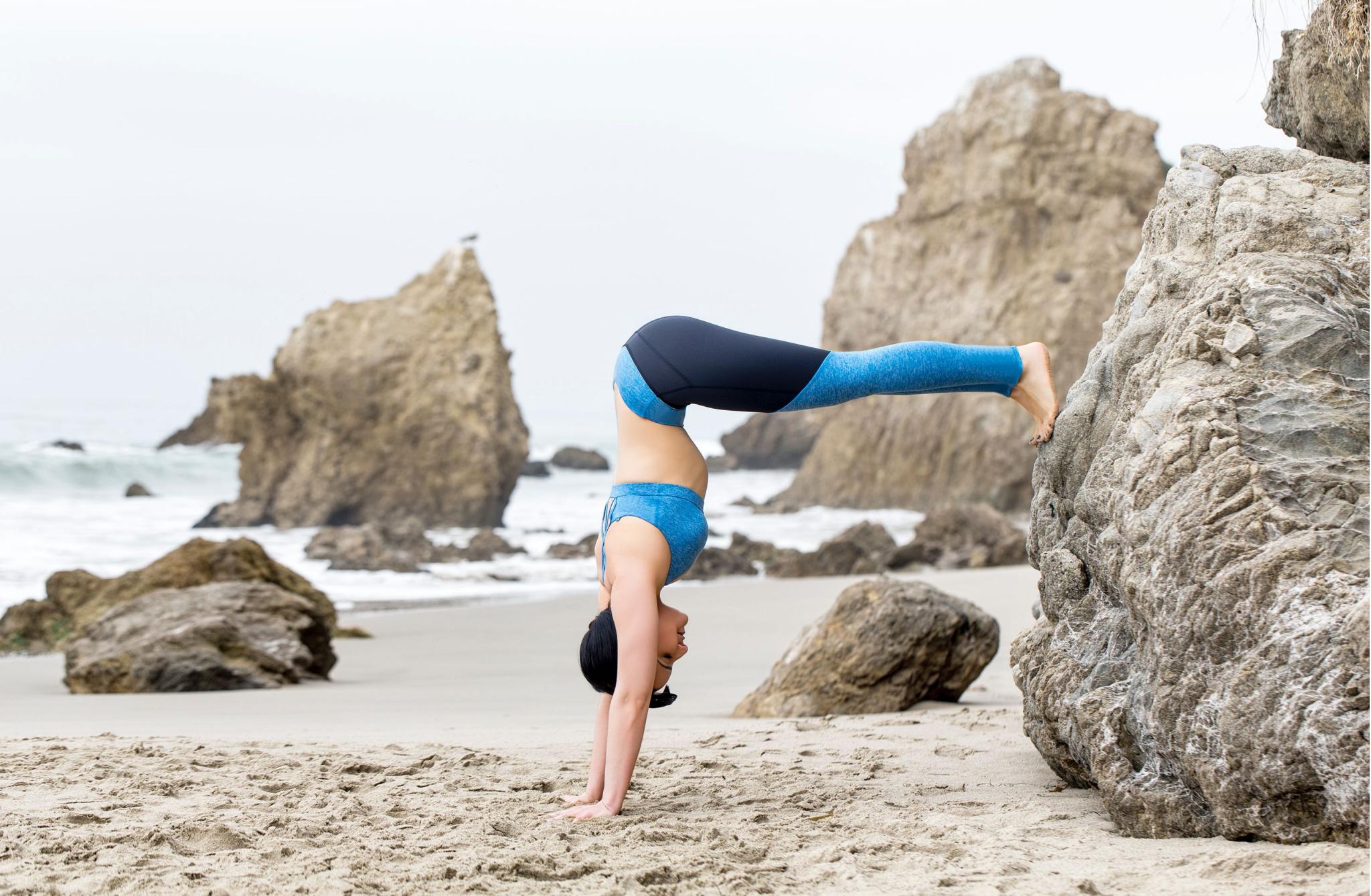
DOLPHIN

Pose #11

Dolphin

MAKARASANA

From hands and knees, place the forearms to the ground with the elbows beneath the shoulders and the forearms/hands parallel to each other. Root down into the index fingers (to stabilize the inner forearm to ground) and the pinky fingers (to encourage the external rotation of the upper arms). Resist the entire forearm (from the fingers to the elbows) to ensure lift in the chest and shoulder stability) as the knees slide back behind the hips the toes curl and the inner thighs hug in and up (to elevate the knees off of the floor) while the tailbone lengthens back and down (coming to forearm plank). Begin to bend the knees to walk the feet forward (towards the forearms) as the tailbone draws back and up until the shoulder heads are aligned over the elbows. Relax and descend the heels of the feet towards the floor, while drawing the quadriceps up (away from the knees) and firming them into the thigh bone to resist the legs back (towards straight). Gaze between the forearms.



L-POSE HANDSTAND PREP

ADHO MUKHA
VRKSASANA PREP

Pose #12 **L-Pose Handstand Prep**

Start with downward facing dog against the wall. Slowly lift one leg up to the wall at hip height. Press that foot into the wall and push your pelvis away from the wall. Lift the other foot to the wall. Continue to press both feet into the wall. Your hips should line up directly over your shoulders. Press firming through your hands as you hug your outer upper arms in towards each other to stabilize the shoulder girdle. To exit, slowly lower one leg down to the earth and then the other. Hang in Uttanasana (forward fold) before you rise to stand.



HANDSTAND

ADHO MUKHA
VRKSASANA

Pose #13 **Handstand**

From Down dog (adho mukha Svanasana), continue to ground your fingers into the earth as the lower abdomen pulls back (towards the spine) and the back of the pelvis lengthens up and back. Step the right foot forward (about 6 inches behind the thumb of the right hand). Shift the shoulders forward (over the wrists) and come onto the tips of the left toes. Activate the inner thigh of the left leg and you lift the leg towards the sky (over the pelvis) reaching through the ball mound of the foot (creating a float). Push the right foot into the ground to spring the right leg skyward. Hug the inner thighs into the midline, keeping the belly engaged. Gaze between the hands.

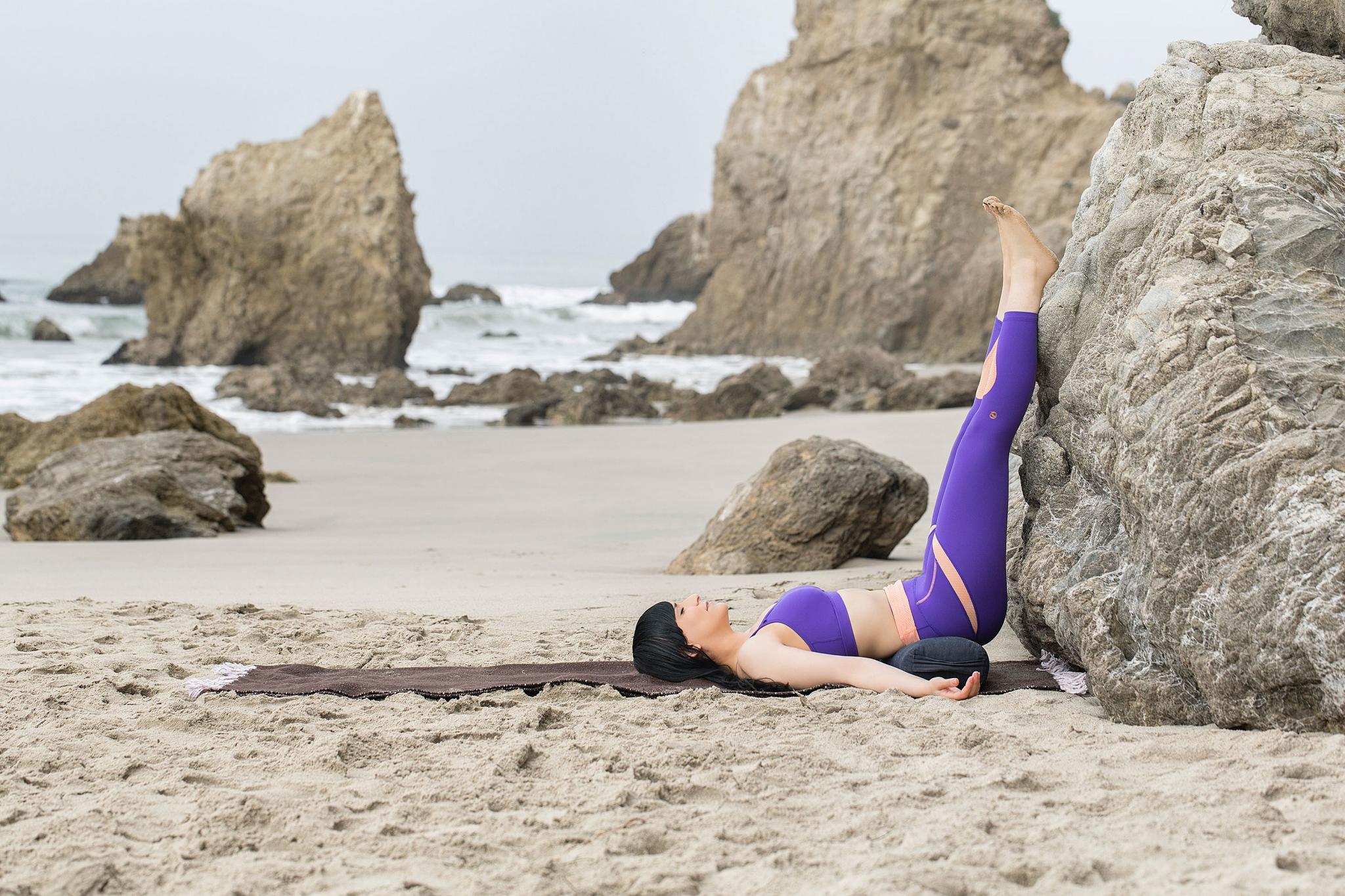


RECLINED BOUND ANGLE

SUPTA BADDHA
KONASASANA

Pose #14 **Reclined Bound Angle**

Begin by lying on your back. If you have a bolster or blanket, you can use that for support beneath your back. Bend your knees as you slide your feet back close to the sit bones, placing the soles of the feet together to touch as the inner thighs separate and the knees widen out to the right and left. You can use blankets or blocks to support your knees. Relax the shoulders, neck and head in a neutral/comfortable position.



LEGS UP THE WALL

VIPARITA KARANI

Pose #15

Legs Up The Wall

Start with around 5 inches away from your supporting wall. Lift both legs up on the wall and start to relax every part of your body, keeping the inner thighs hugging in towards each other. You can always put a strap on your shins to allow more relaxation in your legs. Continue to relax, focusing on your inhales and exhales.



Motivation is what gets you started, habit is what keeps you going.

Part III

How You Pamper Your Body

– 8 simple new habits for you to include in your daily life

BODY BRUSHING

This stimulates the lymphatic system. It is energizing, assists in breaking up cellulite, removes dead skin, stimulates circulation, and strengthens the immune system. Starting at your feet and working your way up, use a natural bristle brush. Use long strokes towards your heart and cover your entire body (skipping your face and breasts).

LEMON WATER

So gentle, yet effective at supporting and cleansing the liver, kidneys, and colon. This will alkalize your body, too! Be sure to use fresh, ripe



Bath - A place to wash worries away.

lemons (not juice). Make lemon water simply by squeezing the juice of 1/2 a lemon into a glass of water. Sip, and enjoy!

TOXIN ELIMINATION BATH

Each evening, place 2 cups of Epsom salts and one cup of baking soda in the tub, run the hottest water you can stand, and add 8 drops lavender oil. Soak for 20 minutes, allowing yourself to sweat. When finished, wrap yourself up in towels, go under the covers, and sweat some more.

BREATHING MEDITATION

Perfect for becoming calm and centered in any situation. To practice: Close your eyes, place your hands on your belly and just tune into the sensations around the inhale and the exhale. Gradually begin to



**When you own your breath,
nobody can steal your
peace.**

deepen the breath, taking 10 to 20 slow, deep conscious breaths deeply into and out of the belly.

EXERCISE

Movement is cleansing. Listen to your instinct about what the perfect exercise is for you. This could be walking, yoga, swimming, tai chi, hiking, biking, trampoline jumping and strength training. A rebounder can help to enhance your lymphatic system.

GRATITUDE MEDITATION

So simple yet immensely powerful, the gratitude meditation is highly recommended. It is especially important if you often find yourself spiraling down the hole of negative thinking and negative manifestations in your life. Gratitude Meditation can be done anytime, but it can be particularly good first thing in the morning or before going to bed. Sit quietly with your eyes closed and meditate on all that is good in your life. If



Water is crucial to our daily life.

BaliniSports promises to recycle & reuse water at a rate of 100% and only use organic dyes.

you are having trouble finding something good, simply feel gratitude for the gift of breath and a healthy body. Your objects of gratitude can be as big or as small as you want. You may choose to write down these items after or before meditating on them. Do this for as long as you want. You can also do this while walking in nature.

SOUNDING BREATH

Done lying on the ground in the corpse pose, sounding breath lets all your limbs relax. Exhale completely and then slowly draw

in your breath through the nose. As you inhale, feel how your lungs and abdomen fill up. As you exhale, contract your throat to make a slight hissing sound and completely exhale and empty your lungs. Let your breath be long and slow.

WATER

Be sure the number of ounces of water you drink per day is equal to at least half of your body weight. (i.e. 150 lbs. body weight = 75 oz. water per day). In the



BaliniSports is all about sustainable, comfy, and fashion-forward design. You can learn more at BaliniSports.com.

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autumn and winter, it can be especially helpful and cleansing to drink warm water.

CONCLUSION

So far, I've covered what to eat and how to move to look 5 years younger. But let's not forget that a clean lifestyle is also based on HOW we live. We need to cut out stress and simplify our lifestyles, all while keeping the environment around us in mind. Did you know that it takes 1,300 gallons to make a typical pair of yoga pants? Disposable fashion, as it's called, is a very dangerous trend in the fashion world. Those cheap clothes come with a pretty steep, yet invisible, price tag for the environment. Worse, the short lifespan of those clothes will end up costing you more money in the long run when you have to replace pieces after just a few wears and washes. By contrast, clothing by BaliniSports can last up to 400 washes. Every piece is made with bluesign technology and flat-lock stitching, and is created for sustainability. You can become educated about the reality behind today's disposable fashion and read our fabric story at BaliniSports.com.



Pay attention to what you eat, how you move, and create some healthy habits... the better version of you is awaiting!

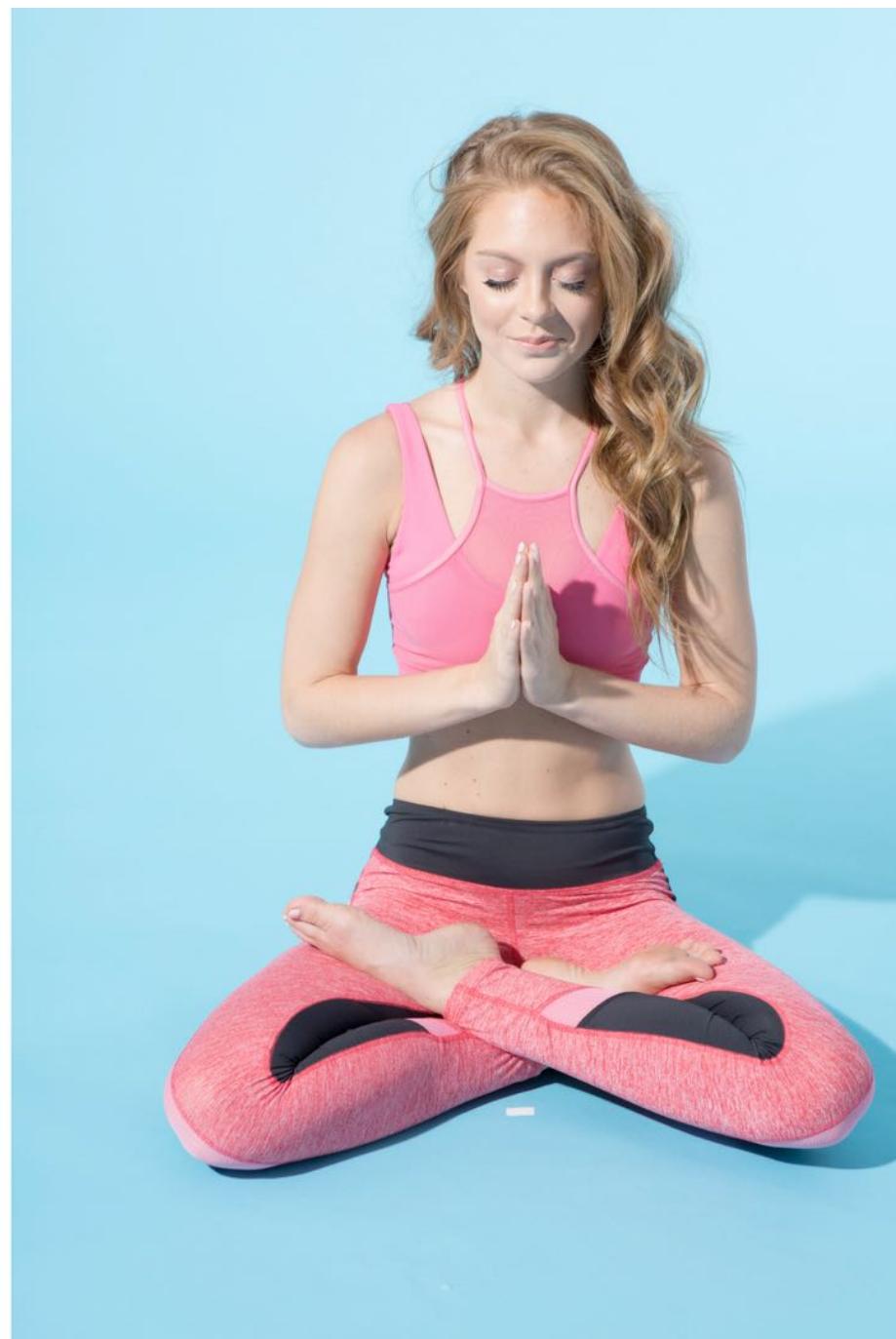
Hooked on these tips for looking and feeling younger? Let's stay in touch with more lifestyle tips and yoga buzz! Sign up [here](#) & start receiving weekly motivations in your inbox!

Website: www.balinisports.com

Feedback: info@balinisports.com



THANK YOU



Thank you [Rowena Jayne](#) for agreeing to have your amazing recipes from "[The Joy of Real Food](#)" included.

Thank you [Gracious Living](#) and [Grace Van Berkum](#) for agreeing to have your inspirational ebook - "[7 day vegan planet cleanse](#)" included.

Thank you Elinore Cohen, for dedicating yourself to contribute detailed, comprehensive yoga instructions for us.

Thank you Alexis Leigh, Wendy Su, Alexis Novak, and David Young Wolff, for being our models & making great photos come to life.

Also, thank you for reading "[How to Look 5 Years Younger](#)" by [BaliniSports](#). It was fun going on this journey of physical and emotional empowerment with you. You are now officially a healthy, mindfully, cleansed superstar!

Love yourself and do good for your body and soul, deal? Don't forget to share this book with someone who shares your passion for mind, body and earth!

[Sign Up to Receive More Healthy, Mindful Tips!](#)