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WINTER 2010

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SKI, SNOWSHOE,  
BOARD, AND BREATHE

# 105

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# The Essentials



## eLine Yoga Slackline

(\$90; [www.trango.com](http://www.trango.com))

Enhance your practice, redefine balance, and build strength with the easy-to-set-up slackline designed specifically for airborne yoga.

## Earth Creations Lucca Top

(\$67; [www.earthcreations.net](http://www.earthcreations.net))

An after-class cover up with flare, this cardigan-style shirt made with hemp and organic cotton has a flirty ruffle that flows from hem to neckline.

## Yoga Tune Up Self Massage Therapy Balls

(\$10; [www.yogatuneup.com](http://www.yogatuneup.com))

Just roll these lightly textured three-inch rubber orbs into aching muscles and pressure points to untie knots and melt away tension.

## Nuun U Natural Hydration Tablets

(\$24 for 3 tubes; [www.nuun.com](http://www.nuun.com))

In irresistible and earth-friendly flavors, these tablets dissolve neatly into 16 oz. of water for a tasty refresher with vitamins and electrolytes.

## Injinji Yoga Toesocks

(\$16; [www.injinji.com](http://www.injinji.com))

Toesocks help spread your digits during tough poses, but also protect feet from blistering. This bamboo-blend pair is soft, moisture-wicking, anti-microbial, and features balance-enhancing rubberized tread.

## Manduka MatSak

(\$45; [www.manduka.com](http://www.manduka.com))

One zippered and breathable compartment of this cotton bag is sized perfectly for a mat, while the other is accessory small. Its cushioned strap leaves shoulders relaxed, too.

Have a niche need? Read more about our editor's picks online at: [www.womensadventuremagazine.com](http://www.womensadventuremagazine.com)

## 4.9 Inner Waves Mohala Camisole and Pono Capris

(\$52 and \$44; [www.innerwaves.org](http://www.innerwaves.org))

TESTED: APPAREL

Whether you are practicing poses, dancing, or running to the market, this outfit complements a wide range of bodies—and body movements—beautifully. Testers enjoyed unrestricted freedom in the Mohala's racer-back top, but also found the built-in shelf bra supportive enough to go braless for low impact asanas. They also found that the long cut allowed for midriff modesty during back-bends and stretches. Crafted from organic cotton fibers, this top also earned marks for its satiny feel against the skin.

The Pono capris feature a crossover waistline that testers found flattering across the board—the fit is slim and hugging, without being restricting. Slits at the back of the legs added a fun, stylish, and practical touch to the delicate flare. In addition to practical function, these Inner Waves separates also scored high because of their 14-color palette—plenty to mix and match for the perfect yoga, dance class, or errand-running ensemble.

## 5.0 prAna Revolution Natural Sticky Mat

(\$90; [www.pranacorp.com](http://www.pranacorp.com))

TESTED: MATS

A favorite among Anusara practitioners, this 30-inch-wide mat is 6.5 feet long and offers plenty of room to play. While the biodegradable rubber makes for an earthy grounding feeling underneath the body, the mat's weight is also testimony to its sturdiness—it weighs in at a hefty 8.5 pounds. It never slips or bunches, so there is never a need to adjust mid-sequence and testers loved the confidence and strength they felt when pushing against the delicate texture of this natural rubber surface. In an effort to stand by its eco-friendly company mission, prAna also created this mat with a heat sealing system that eliminates the need for toxic glues. Co-created by Anusara founder John Friend, this mat is ideal for a heart-centered practice and is durable enough that a yogini can practice anywhere she's inclined to haul it—indoors or out.

★★★★★  
ALL AROUND

**prAna Amaya Top and Lolita Pant** (\$46 and \$75; [www.pranacorp.com](http://www.pranacorp.com)) Climbers, yoginis, and city girls agreed that these comfortable and versatile separates, inspired by classic 1940s dresses, flattered with functional fashion sense.

★★★★★  
MORE COVERAGE

**Lululemon Power Y Tank and Wunder Under Crop** (\$52 and \$68; [www.lululemon.com](http://www.lululemon.com)) Modest separates featuring chafe-resistant seams, pockets, and the moisture-wicking luon fabric that made Lululemon famous.

★★★★★  
ECO-EXERCISE

**Be Present Micro Modal Dancer Cami and Kona Pant** (\$49 and \$59; [www.bepresent.com](http://www.bepresent.com)) A combo made from a sustainably farmed beech wood-based fabric appropriate for treks across town or across the world.

★★★★★  
SIMPLE STYLE

**Beckons Organic Strength Yoga Cami and Love Hemp Capris** (\$41 and \$76; [www.beckonsorganic.com](http://www.beckonsorganic.com)) Form-fitting organic pieces that stay put through sequences and hold their own—shape, style, and comfort—on the mat, too.

★★★★★  
THE LONG HAUL

**Manduka Black Mat Pro** (\$90; [www.manduka.com](http://www.manduka.com))

Manduka designed this mat to last forever, and on top of the lifetime guarantee, its slip-resistant fabric-like surface was a favorite among testers.

★★★★★  
TREE POSERS

**Harmony Professional Mat** (\$60; [www.jadeyoga.com](http://www.jadeyoga.com))

Winning features include a natural rubber surface, pocket-friendly price-point, and Jade's commitment to the environment—one tree planted for every mat sold.

★★★★★  
STICKY FINGERS

**Lululemon The Mat** (\$68; [www.lululemon.com](http://www.lululemon.com)) This mat has extra stick—that gets stickier when you sweat. Natural rubber tops the cushioned base made from scrap waste of the company's recycled nylon spandex-blend fabric.

★★★★★  
EARTHLY LOVE

**Barefoot Yoga Company Eco Yoga Mat** (\$76; [www.barefootyoga.com](http://www.barefootyoga.com)) Solid enough for strong standing poses and sweaty Ashtanga flows, this jute and natural rubber mat is one of the eco-friendliest on the market—it's even biodegradable.