

SELF

Maria Sharapova

AT THE TOP
OF HER GAME
On & off the court

7 **DAY DETOX:**
Eat clean,
lose weight

**ON-THE-GO
FASHION
& BEAUTY**
FIND YOUR
LOOK FOR FALL

Feel the
Afterburn
Torch extra cals
post-gym

Your
**Secret
to Sexy
Legs** p. 37

WIN AT LIFE!

Follow Your Passion Every Day

September 2014
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It takes two
Your practice is entirely your own—but sometimes you need help to find your balance.



The power of change

Change has its own momentum. In the past few months, I've bought my first home, moved to a new neighborhood and started this job. All good things, but a lot to get used to.

Adjusting to newness is a mental and physical process. At SELF, we encourage you to listen to your body. I've been trading in my usual intense dance-cardio workouts for one-on-one yoga sessions. My body has been telling me to slow down and use my energy in a different way.

I once found yoga boring and slow, but right now, I welcome the quiet and calm. Katie Bakas, my inspiring instructor from Pure Yoga in NYC, challenges me with poses I can't quite understand yet somehow manage to hold. Like most people, I have a fear of falling and/or looking foolish. Yet despite toppling over often, I get back up and try again. Right now, we're working up to Fallen Angel (Google it!). It's a position that I can't really imagine myself in, but I'm game to try.

Our bodies can move and adapt in all sorts of ways. This month, I hope you'll surprise yourself and try something new. You never know where it might lead. Happy September!



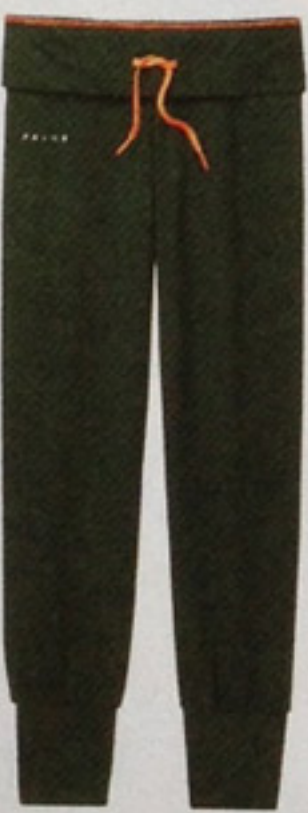
Joyce
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Strappy tank
The loose cut lets you move freely. \$68; BellaLuxe.com



Essential oils
One dab makes Savasana even better. \$42 to \$128; IntelligentNutrients.com



Harem pants
They're a fun alternative to leggings. Falke, \$175; 828-485-3313



Bright bra
A flash of color is a little sexy. Adidas by Stella McCartney, \$70; Adidas.com

CHEERS TO SELF-MADE WOMEN!

I'm thrilled about our new feature, which spotlights amazing women pursuing a passion. This month: beauty guru Michelle Phan (page 66) and tennis star Maria Sharapova (page 78), plus more.



CLOCKWISE FROM TOP LEFT: MICHELLE ROSE SULCOV (3); STEWART SHINING; MAIA B...