



“ I hope to relish the quiet bliss that comes with aging gracefully. I practice yoga and self-acceptance, and I work on listening to my deepest, wisest inner voice and trusting what I hear. I create and maintain discipline around healthy sleeping, eating, loving, and exercise habits. I do things that help me hear my truth with more clarity, like spending plenty of time in nature, in silence, and with loved ones and others who are self-aware.”

Cover model **Laura Christensen** is a yoga teacher based in Sausalito, California. Her classes focus on paying attention to the breath, core work, alignment, and practical, life-supporting philosophy. Learn more at [laurachristensen.com](http://laurachristensen.com).

“ Flexibility is the secret to aging gracefully, and I don't mean just being able to touch your toes, although that helps. I mean having a loose attitude, one that can move with the times, adjust habits to accommodate changes, either in body or mind, and jettison practices that no longer serve their purpose.”

Former *Yoga Journal* editor **Mary Bolster** (“Practice of a Lifetime,” page 74, and “People Like Us,” page 70) is a freelance writer and editor based in Connecticut. Her work has appeared in *All You* and *Family Circle*, as well as at [iVillage.com](http://iVillage.com).



“ The gorgeous weather here in Berkeley keeps me feeling energetic and young at heart. It allows me to bike, hike with my family, and work in my garden almost year-round.”

Illustrator **Donna Grethen** (“Practice of a Lifetime,” page 74), whose work has appeared in the *San Francisco Chronicle* and the *New York Times*, recently expanded her portfolio to include animation projects. See her work at [donnagrethen.com](http://donnagrethen.com).



## What does aging gracefully mean to you?