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International Yoga Journal



Regular Articles Featured

- Yoga Literature
- Yoga Therapy
- Yoga Poses and its Benefits
- Yoga Sutras and Mantras
- Yoga for Kids
- Yoga Practitioners Feed Back
- Yoga Programs/ Teacher Training/ Workshops Calendar
- Yogic Diet
- Yoga Research Project Report

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Dr.Asana Andiappan

Chief Editor

Yogananth Andiappan

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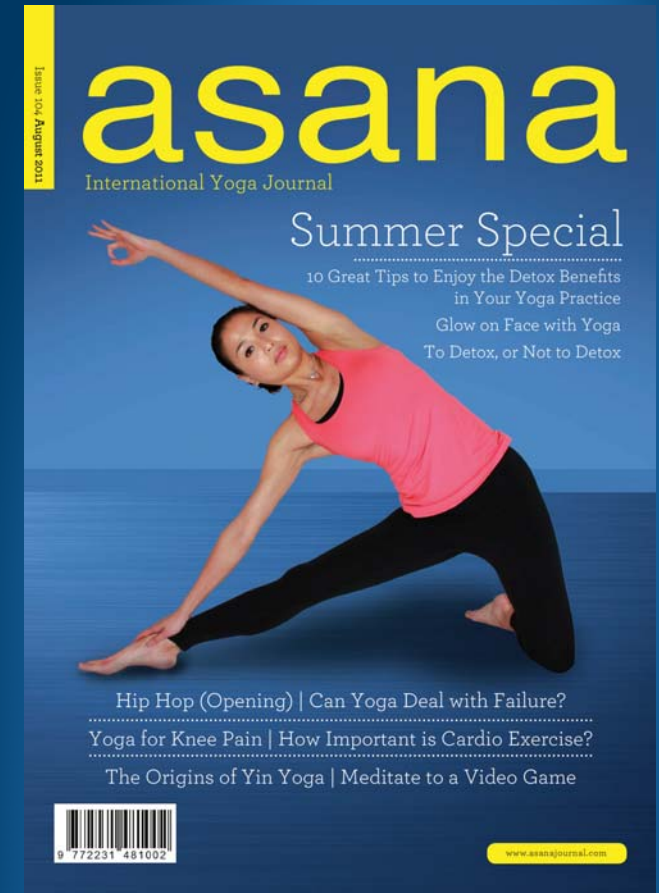
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- therapeutic experience in yogasana
- naturopathy
- plus, useful information and insights about well-being, teaching and happenings in the Yoga community.



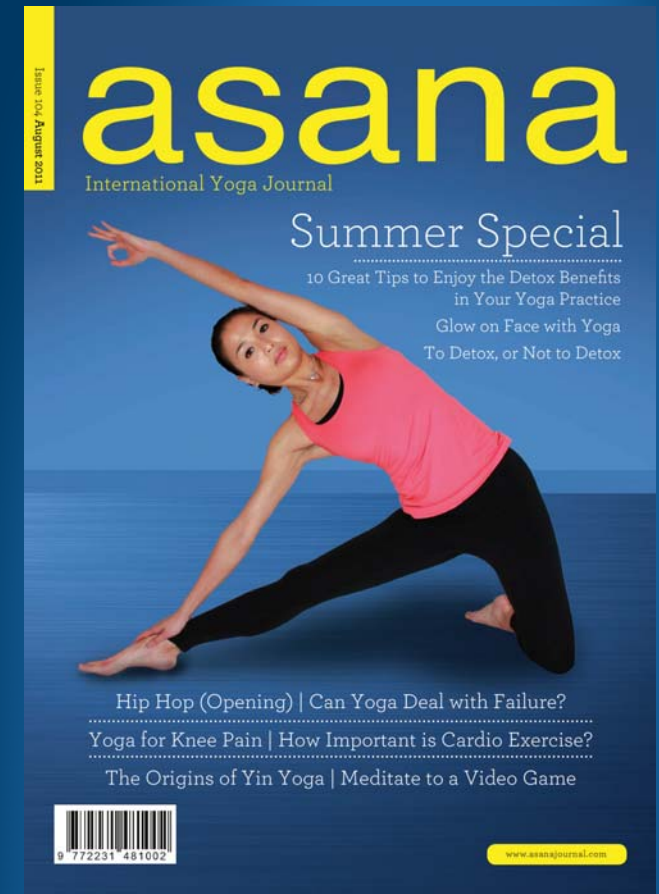
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Reaching readers worldwide every month
Distributed free amongst yoga communities including yoga studios, health clubs, spas, schools and colleges, AIYJ currently has a print run of 10,000 copies with a subscription base of 3,000.

AIYJ is also widely available on the internet:

- free iPad download with current subscription over 12,000 users and growing
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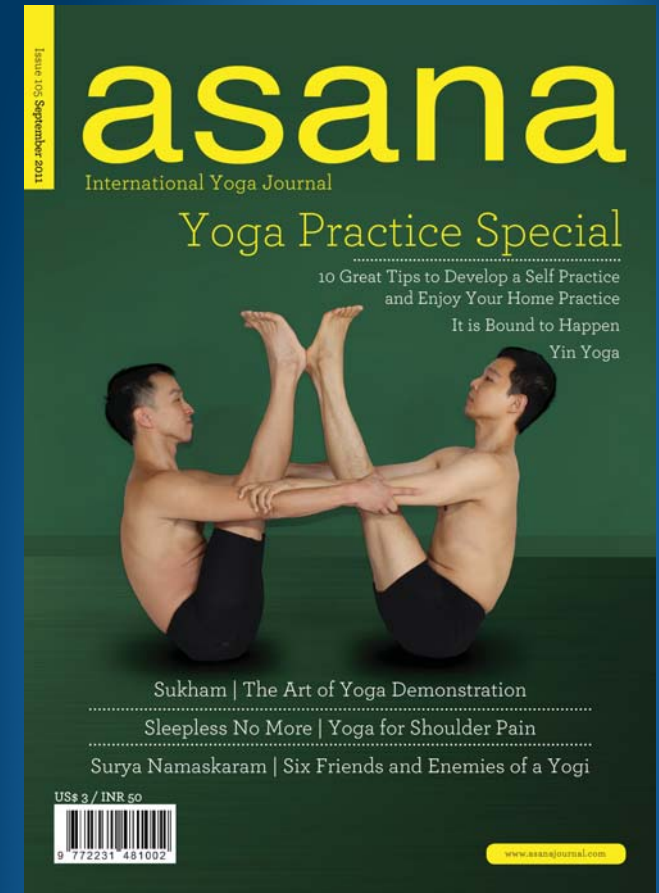
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I look forward to hearing from you.

Best regards
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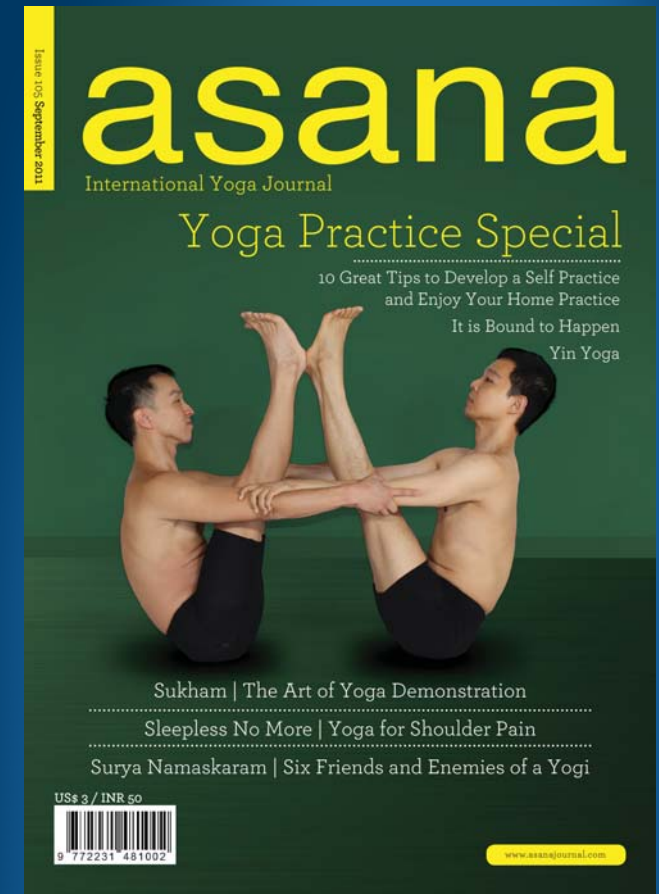
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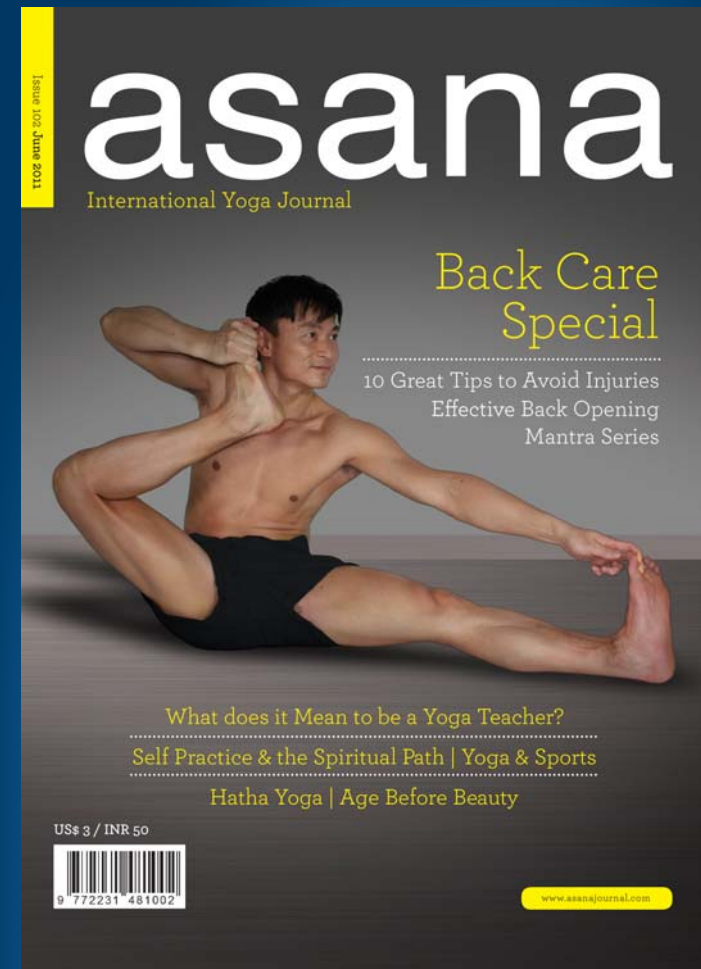
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Asana celebrated its 100th issue in April 2011.



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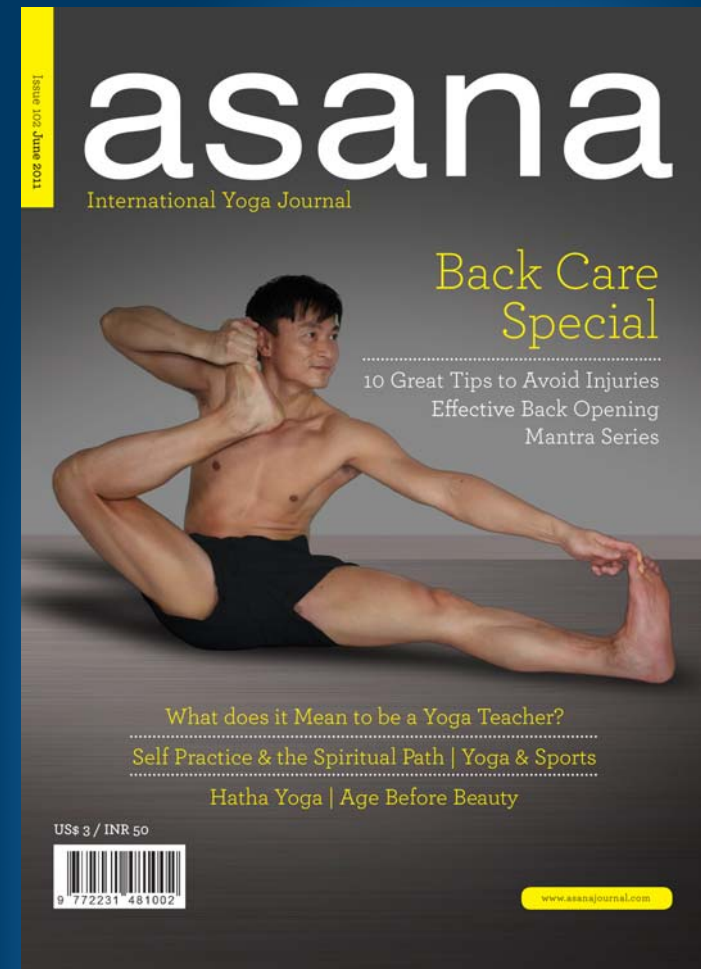
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Our readers are...

- Female to male ratio 70:30
- Age range from 25 to 55 years old
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- Health and fitness conscious
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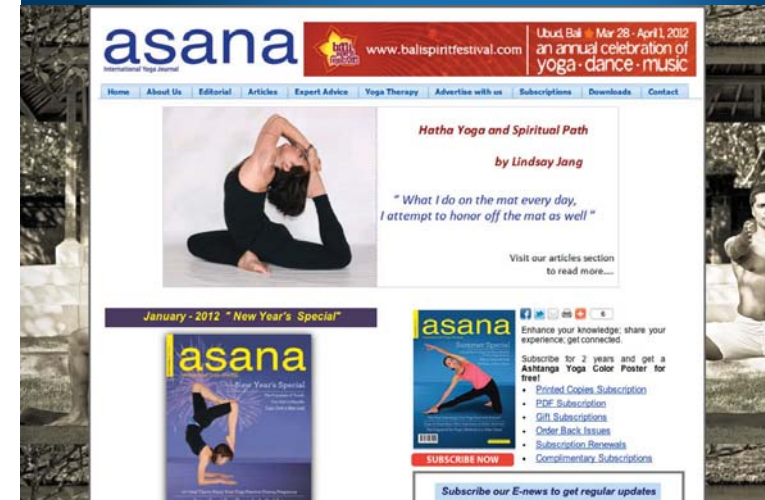
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- Advertiser Directories
- Teacher and Studio Directories
- Calendar and Retreat Listings
- Yoga, health, travel and wellbeing articles



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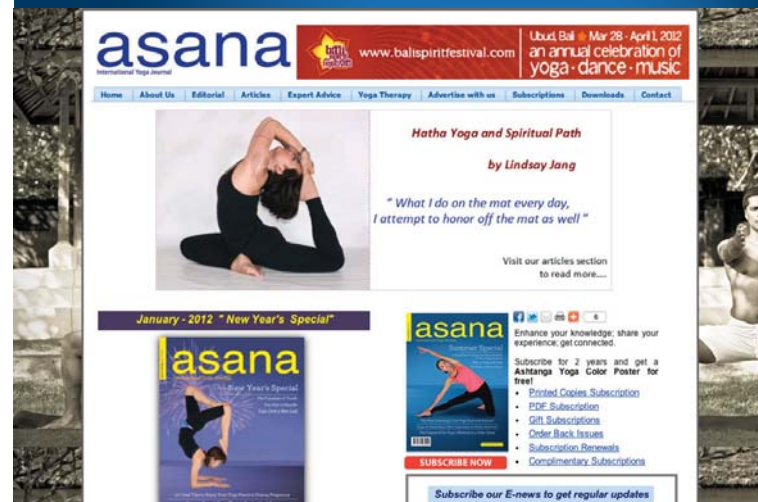
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- Published monthly
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* FP - Full Page, DPS - Double Page

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IBC	375	2930	340	2650	310	2420
OBC	1000	7800	900	7020	813	6340
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Directory		
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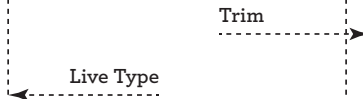
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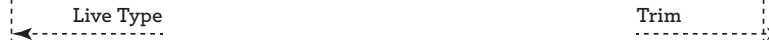


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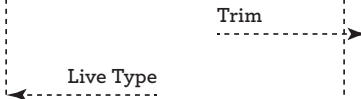


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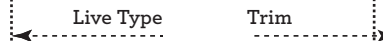


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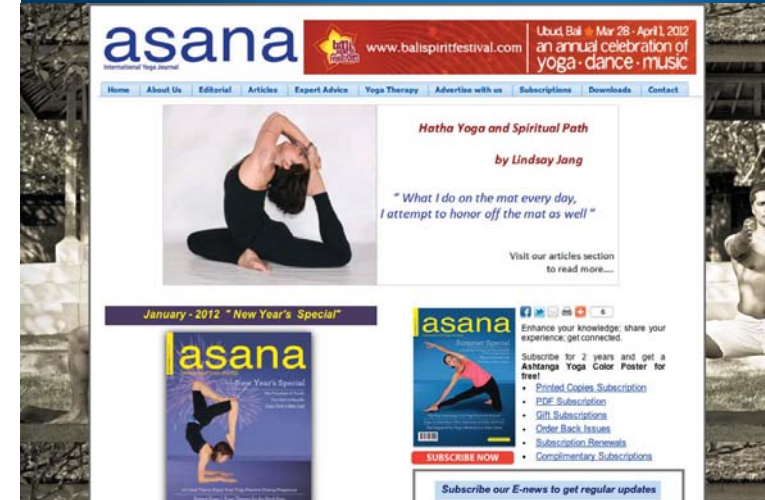
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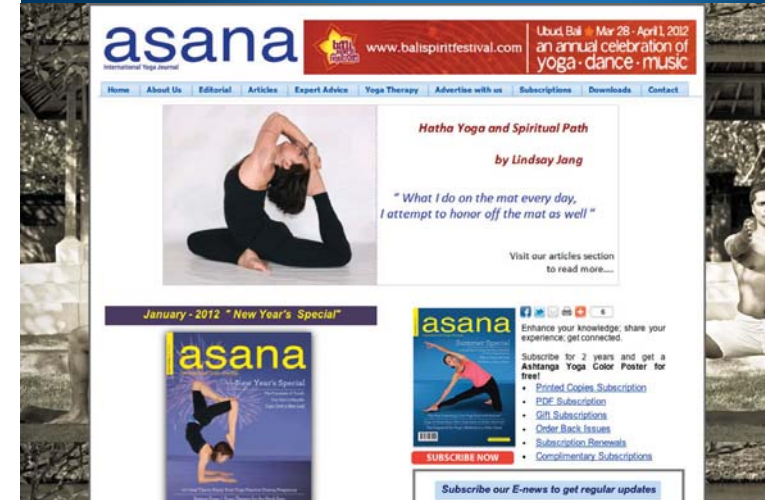
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US\$ 88 per month

Article Banner

AJ2 - 675pixel (w) X 275pixel (h)

US\$ 108 per month

ASANA Journal Website Banner

Top Banner

AJ1 - 500pixel (w) X 70 pixels (h)

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Article Banner

AJ2 - 675pixel (w) X 275pixel (h)

US\$ 108 per month

ASANA Journal Website Banner

Side Banner

AJ3 - 400pixel (w) X 200pixel (h)

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Monthly E- News letter Banner

EN1 - 500pixel (w) X 70 pixels (h)

US\$ 88 one time

ASANA Journal Website Banner

Side Banner

AJ3 - 400pixel (w) X 200pixel (h)

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Monthly E- News letter Banner

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Issue	1 Jan	2 Feb	3 Mar	4 Apr	5 May	6 June	7 Jul	8 Aug	9 Sep	10 Oct	11 Nov	12 Dec
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