

Award Winning

CONSCIOUS COMMUNITY



FREE!

DEDICATED TO ELEVATING CONSCIOUSNESS

**HOW TO
MANAGE ANGER**
THROUGH YOGA AND
MINDFULNESS

HALLOWEEN
THE TRUE HISTORY

**PAUSE
BREATHE
SMILE**
INTERVIEW
WITH
GARY GACH

HEAL MIND
AND BODY WITH
MEDITATION

**LIGHT
THERAPY**
FOR SELF-CARE

THE IMPORTANCE OF
DETOXING YOUR BODY

**BETTER FOR
YOU RAMEN**
MISO & GREEN ONIONS

OCTOBER 2018
ConsciousCommunityMagazine.com