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Holiday Gifts for A Yoga Lover (Picks from Jen Aniston's Teacher!)

Monday, November 28, 2011 at 12:21 PM | posted by [Bari Lieberman](#)

Jennifer Aniston looks to Mandy Ingber to sculpt her A-List bod (get her [core trimming workout](#)), so the SELF fitness team decided to look to Mandy's favorite yoga gear to take care of holiday gift shopping for their favorite yogis. Here's what she loves:



Asha Patel "Om" necklace (\$55; [ashapatel designs.com](#))

Wear this balancing mantra around your neck, and the price is a steal!