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He is the author of Yoga & the Pursuit of Happiness, a book that bridges the ivory tower research and esoteric philosophy surrounding meditation in a down-to-earth style that helps everyday people build an accessible, transformative practice.

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your journey as new yoga instructors. I spent a lot of time thinking I was the only one struggling to make it in the yoga world, but I am here to tell you that I have since learned we are all part of one beautiful journey.

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‘YOGA’ is derived from a Sanskrit word named – ‘YUJ’ which means “to join” or the union with the higher power. It is essentially a spiritual discipline which works on the three dimensions of human existence that is: 1. BODY 2. MIND 3. SOUL.

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Yoga granted me freedom and taught me that liberty comes from living with integrity and dismantling the false aspects of ourselves that keep us separated, feeling powerless, insecure, and bound to our material reality. Real freedom is knowing we are all connected, living for the purpose and pursuit of happiness, and feeling loved.

## **Life, Liberty & the Pursuit of Yoga. | elephant journal**

Yoga and the Pursuit of Happiness weaves together philosophy, centuries-old yoga tools, and the modern day sciences of psychology and neurobiology with incredible readability. It takes years of study, lots of deep thinking, and plenty of practice to untangle key threads and weave them together in such a completely accessible, thorough, and totally relevant way.

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