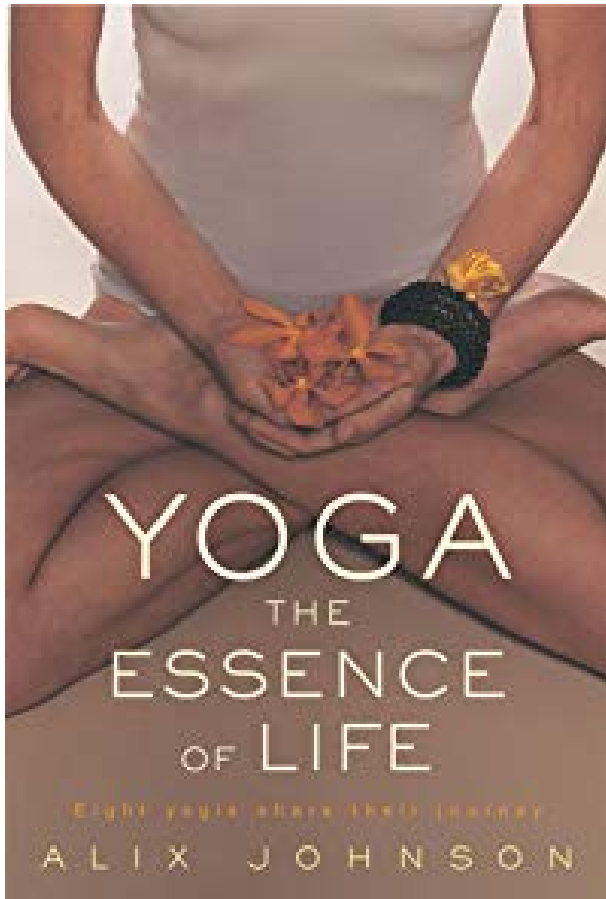


Yoga: The Essence Of Life: Eight Yogis Share Their Journeys



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The essence of yoga is explored in these interviews with eight influential teachers. These modern yogis reflect on their personal experiences and discuss the philosophy of yoga, providing a contemplative balance to the fitness trend. Notions of ego and self, of separateness and unity, and of purpose and pain are explored.