

What a Life – Yoga Life!

In over 40 years as a Yoga practitioner and 30+ as a teacher, I have read hundreds of different journals, magazines and newsletters on Yoga. Currently I subscribe to some 20 different publications that are either monthly or quarterly.

However there are none that I look forward to receiving and reading more than Yoga Life.

Each issue is filled with so many excellent articles that are founded on the authenticity of Yoga's rich tradition, while bringing the wisdom to readers in a manner that is accessible and understandable for those of us in the 'West' as well as our brethren in India.

Although I have taught thousands of students and trained hundreds of teachers, Yoga Life never fails to provide valuable insights that support my own Sadhana and in turn that of those with whom I share Yoga. The clarity and joy with which Anandaji and Ammaji communicate in their articles is a testament to their own profound Yogic journeys of unfoldment and realisation and we are blessed by their dedication and service in providing the opportunity to deepen our practice and knowledge through this wonderful vehicle of Yoga Life.

Leigh Blashki,
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Secretary Aust Assoc of Yoga Therapists