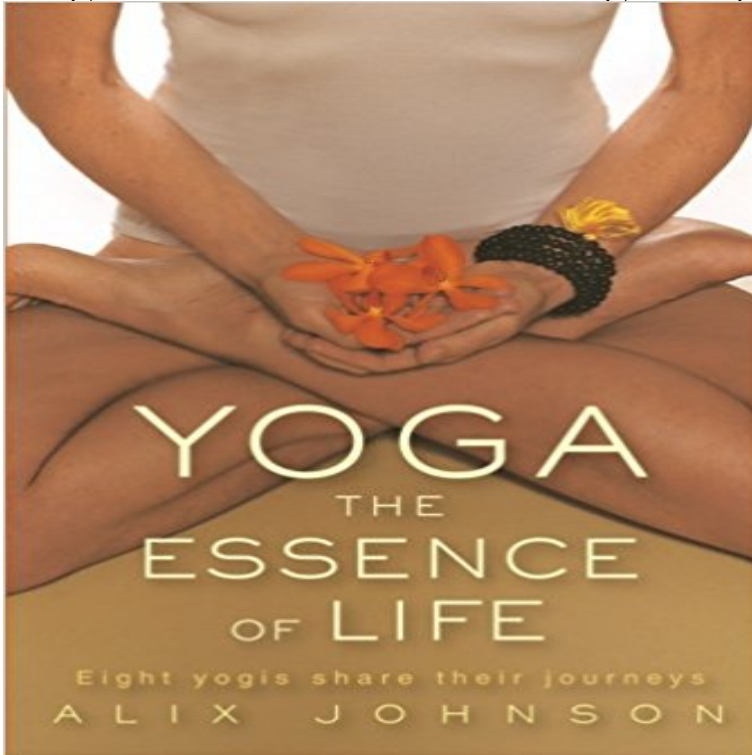


# Yoga: The Essence Of Life: Eight Yogis Share Their Journeys



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.

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