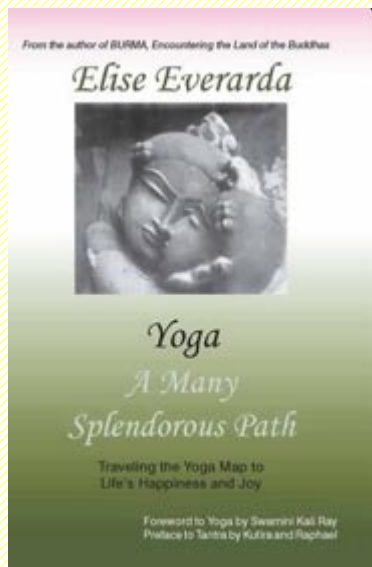


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YOGA: A MANY SPLENDOROUS PATH

Traveling the Yoga Map to Life's Happiness and Joy

By Elise Everarda

**Foreword to Yoga by Swamini Kali Ray. Foreword to Tantra by
Kutira and Raphael. ISBN 978-981-05-9454-1. Softcover. 229 x
152 mm. 265 pp. Euros 17,50. Asian Affection. Nov. 2007.**

Yoga: A Many Splendorous Path presents in clear and concise language the main concepts and pathways of Yoga, the ancient forerunner of a holistic life style. The book is for anyone who goes to yoga classes where there is no spiritual master at the helm and the spiritual essence of Yoga is not taught. Also, anyone who is in search of a quality path, and has not yet discovered the true spiritual essence, relevance and lasting joy and vitality of the Yoga paths. The author makes it clear that the way to gain direction in right actions is to seek knowledge and understand who we really are. When the book's contents are established in the subconscious, the practice of yoga will move to a deeper dimension and result in a true detoxification of old habits and patterns. A transformational journey will begin for the many, and for the few, the journey will become an ongoing adventure transcending all other experience.

IF YOU READ ONE BOOK ON YOGA, MAKE THIS THE ONE. It is a remarkably clear and precise map of the Yoga terrain, and an accurate compass for practitioners of any level. In essence the book is a masterclass in Yoga. From its ancient wisdom and texts to its multiple methods, Elise Everarda clearly distills core concepts without overpowering the reader with Sanskrit words. As both an immediate stimulus and an abiding reference,

THIS BOOK WOULD BLESS ANY YOGA BOOKSHELF.

- Namaskar, Yoga Magazine of Hong Kong.



Elise Everarda

Netherlands-born Elise Everarda is an Asia-based author and photographer who has contributed essays and photos to leading magazines and held exhibitions in Asia. The American Bank in Hong Kong displayed 52 enlargements of her work at the opening of their new office. In her photo-essay book *Burma: Encountering the Land of the Buddhas* she captured the warmth and humor and the cultural diversity of the Asian people. She is a certified Yoga teacher of Yoga schools such as Kripalu, Omega and Nosara, and a graduate of intensive trainings of Bihar Yoga in Kathmandu, Viniyoga in Chennai, Oceanic Tantra in Hawaii, AOL in Bangalore, Siddha Yoga in Ganeshpuri and SAC Kundalini Yoga in Malaysia, Brugh Joy/Thailand & U.S., Vipasanas/Thailand and Burma. She is a certified trainer of the University of Berkeley.

For a complimentary reading copy and all other information, contact Elise Everarda, Asian Affection (Hong Kong), c/o 50 Monk's Hill Road # 01-50, Singapore 228576, Singapore, Tel.: 065-64970377, Email: <contact@yoga2live4.com>, Website: <<http://www.yoga2live4.com>>.