

FOR IMMEDIATE RELEASE

Yoga Therapy Provides Healing for the Mind, Body and Soul

"Jennie Lee has written a wonderfully fresh, practical and down-to-earth guide to applying the sage wisdom of the Yoga Sutras to contemporary everyday life. The question section at the end of each chapter is a treasure trove for self-inquiry. Even if you have several translations of the Yoga Sutras this book offers a unique perspective and deserves a place in your Yoga library."

~ Donna Farhi, author of *Bringing Yoga to Life*

ST PAUL, MN – *True Yoga* is an inspirational guide through the Yoga Sutras outlining how to overcome difficulties and create enduring happiness. Whether challenged by work, health, relationships, or parenting, readers of all ages and walks of life will find tangible practices to illuminate their material and spiritual lives.

"*True Yoga* outlines the grandeur of this path we call Yoga, and how it encompasses and refines our inner and outer lives. I applaud, Jennie for presenting these timeless teachings so simply and making them accessible to those who are already feeling the benefits of Yoga Practice, yet might be reticent to find the True Yoga."

- Nischala Joy Devi, author of *Healing Path of Yoga* and the *Secret Power of Yoga*

Jennie Lee (Hawaii) is a Yoga Therapist who has shared the healing benefits of classical yoga and meditation with thousands of clients over the past 17 years. By using the formula she writes about in *True Yoga*, she has helped people conquer paralyzing anxiety, depression, grief, post-traumatic stress, attention deficit issues, eating disorders, and challenging relationship dynamics. An expert in the field of Yoga Therapy, Lee approaches complex theory with a teacher's understanding but a layman's voice, noting that philosophy is useless if not applicable to life. She personally relies upon all she writes about, faithfully living the principles of the Yoga Sutras to navigate times of trial and to remain happy regardless. Her warm and direct coaching is available by phone and Skype, or in person on the island of O'ahu where she surfs, hikes and lives with her husband and teenage son.

True Yoga

Practicing With the Yoga Sutras for Happiness & Spiritual Fulfillment

By Jennie Lee

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