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A NEW ROADMAP TO YOGA HAPPINESS: JUST 30 MINUTES A DAY

"30 Days of Yoga is a wonderful way for a busy person to have a deep experience of yoga. 30 minutes for 30 days could transform your life!"

Yoganand Michael Carroll, Pranakriya Yoga

San Francisco, CA (May 1, 2012) -- Our bodies and busy minds are craving the stillness and peace, the bliss, which seems so hard to find these days. As the over-stressed operator of two stores for more than twenty years, Lisa Lofthouse suffered from debilitating migraines. She discovered that practicing yoga every day greatly reduced her migraine attacks and helped her deal with her hectic life. She said, *"That is when my dharma met my karma. I knew this was my calling and I had to share it."*

Completing a 500-hour professional level teacher-training program at the renowned Kripalu Center, Lofthouse began teaching yoga at her studio, Breathing Space, in Fayetteville, North Carolina.

The result of her years of learning, teaching and practicing are distilled in a new book, *Journey to a Life of Bliss! 30 Days of Yoga, 30 Minutes a Day*. A journal, a guide, a gentle motivator, the book starts with a 30-second exercise. Then, readers slip easily into the 30-day plan, supported by videos and a blog on the 30-DaysOfYoga.com web site. The book is laid out in three sections:

- 10 days of Focus on the Body (breath, flow, flow, surrender, etc).
- 10 days of Focus on the Mind (beginner's mind, quieting the critic, reflection, balance, etc.)
- 10 days of Focus on the Spirit (intuition, power, creativity, bliss, etc.).

Unlike any other yoga book, *Journey to a Life of Bliss!* helps beginners and long-time yoginis stay committed and focused by providing each day's intention, tips on daily practice, a journaling and by tracking progress. In 30 days, the Lofthouse brand of yoga practice promises a centered, balanced, joyful life. This unique daily routine of breathing, stretching and energizing develops a relaxed, open body, and a peace-filled center.

"And, we are right there with you", Lofthouse said, "with videos designed to match your mood and your energy level, and with a place to connect with others and ask questions. No longer just 'doing' yoga, you will be a yogi, a radiant adventurer on the journey of a bliss-filled life."

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About the Author: Lisa Lofthouse transformed her own stressful life and painful body, and stepped onto the path of bliss, when she began her teacher training at Kripalu Center for Yoga and Health in Lenox, MA.

In 2001, she completed the 500-hour professional level teacher-training program, sold her business, and established Breathing Space, a yoga studio in Fayetteville, North Carolina (www.breathingspacenc.com). The website for the book is <http://30-daysofyoga.com/>.

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Title: *Journey to a Life of Bliss! 30 Days of Yoga, 30 Minutes a Day*

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