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'Holistic Yoga Flow' Sets New Standard and Defines the Future of Fitness

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World-renowned yoga teachers and wellness experts, Travis Eliot and Lauren Eckstrom, are pleased to announce the release of their first book, *Holistic Yoga Flow: The Path of Practice*.

Bursting with inspiration, visually stunning full-color photography, and clear accessible language, *Holistic Yoga Flow* has detailed alignment cues for more than 100 poses, a guide to the Eight Limbs of Yoga, practical exercises to bring meditations, mantras, pranayama (breathwork) and more into one's daily life, plus instructions for teaching a full-length Holistic Yoga Flow class and valuable insights into the business of yoga.

This modern, exquisite, and artful 303 page book sets a new standard in the yoga world, and industry leaders are heralding *Holistic Yoga Flow* as a must-have for yoga students and teachers alike:

"Truly a manual for our times, modern and hip, yet rooted in classical yoga." **-Annie Carpenter, yoga teacher and creator of SmartFLOW Yoga**

"Within these pages is the past, present and future of yoga." **-Felicia Tomasko, editor-in-chief of LA YOGA Ayurveda and Health**

"A mammoth project, I highly recommend! This book will give all who read it a very comprehensive understanding of yoga." **-Bryan Kest, yoga teacher and father of Power Yoga**

Beyond the Physical: The Future of Fitness is Holistic

Holistic Yoga Flow has evolved organically from Eliot and Eckstrom's experience working with thousands of students in classes, workshops, teacher trainings and retreats all over the world. Holistic Yoga Flow strengthens and invigorates the body through power vinyasa which encompasses strength, balance, flexibility, and stamina, all within the context of a seamless, unbroken flow that links breath with movement. But the components of Holistic Yoga Flow go beyond the physical to incorporate pranayama, chanting, meditation, subtle anatomy, philosophy, mythology, and ayurvedic medicine.

"Historically, the fitness industry has focused on the physical. But each day, science continues to unearth more evidence showing true health requires not only cultivating a vibrant body, but also a vibrant mind and spiritual health," says Eliot. "At its core, *Holistic Yoga Flow* is a manual to a path of long-term wellness that allows us to thrive in all aspects of our lives — career, relationships, athletics, studies and much more."

"The popularity of yoga is at an all-time high, and meditation and mindfulness are becoming mainstream concepts," notes Eckstrom. "There's a renewed understanding that the future of fitness is holistic. *Holistic Yoga Flow* brings a modern lens to the simple yet potent teachings of the ancient yogis, demonstrating how timeless and relevant these practices are for today's fast-paced world."

About the authors

Travis Eliot is a world-renowned yoga instructor, kirtan musician, and certified Ayurveda practitioner. He is the creator of the groundbreaking DVD series *The Ultimate Yogi*, along with many other best-selling yoga DVDs. His highly acclaimed chant album, *The Meaning of Soul*, debuted at No. 3 on the iTunes world music chart. His style is intensely dynamic and has inspired many of today's top athletes, celebrities, and entertainers, and he is on the faculty of the prestigious Kripalu Institute.

Lauren Eckstrom leads Holistic Yoga Flow workshops, retreats and teacher trainings in the Los Angeles area and internationally. She was associate producer of the award-winning DVD series The Ultimate Yogi, and as a Yoga Alliance-certified E-RYT 500 instructor and meditation teacher, she guides some of the world's most well-known musicians, fashion icons, filmmakers, executives and Fortune 500 companies in both yoga and meditation.

Holistic Yoga Flow: The Path of Practice is available at holistic yogaflow.com and on [Amazon](https://www.amazon.com).

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