



Mystic Offers 'Guide To Freedom And Bliss'

A popular yoga master and spiritual teacher will return to Tampa on Aug. 3 to promote a new book that offers an intimate look into his teachings.

Sadhguru Jaggi Vasudev, founder of the nonprofit Isha Foundation, will hold a free discourse and book signing at 6:30 p.m. at the Grand Hyatt Tampa Bay, 2900 Bayport Drive. Vasudev is on a national book tour for "Midnights With the Mystic: A Little Guide to Freedom and Bliss" (Hampton Roads, \$16.95).

Vasudev last visited Tampa in 2006, when he held workshops promoting "Inner Engineering," part of his Isha Yoga program for personal growth that uses simple postures, breathing exercises and meditation. He says people spend so much time improving their outer body, they forget that internal improvement is as important.

"It's a fact that everyone can achieve this," Vasudev told The Tampa Tribune in 2006. "Externally in terms of attitudes, thoughts and emotions, we're very different people. But internally we're all the same. It will definitely work for everybody because of technology. It's not a philosophy. It's not a teaching. It's a technology.

"People have spent too much time fixing the outside. But unless we learn to fix the inside, there will not be well-being. Inner Engineering is a way of empowering yourself to take your destiny into your own hands."

In "Midnights with the Mystic," co-author Cheryl Simone relates her experiences meeting Vasudev, a well-known Indian mystic. The story is presented through a series of late-night conversations around a campfire, and provides readers an introduction into his teachings.

For more information about the Tampa book signing, visit www.IshaFoundation.org.

A staff report