

For Immediate Release:

New book, "Dharma For Awakening And Social Change", Offers Insights And Solutions To Cope With The Issues Effecting Our Planet

Dharma, for Awakening and Social Change is a compilation of teachings that delve into your deep personal relationship to *Dharma* in the process of awakening and its importance in bringing about social change and a balanced, healthy human society. Written from a yogic perspective, it explores how, when aligning with your *Dharma*, you can truly be the change you want to make and have a positive impact on your family, friends, culture and society at large.

About the author: Maetreyii Ma is a licensed clinical psychologist, a yogic teacher and an Acharya or yogic minister. She is also the director of Ananda Gurukula, a nonprofit organization dedicated to the mystical teachings of yoga and a wife and mother of two grown sons. She lives with her husband at their ashram in the larger San Francisco Bay area and spends her time assisting others in their spiritual journey and giving these beautiful teachings.

"In these times of dramatic change, the voice of Maetreyii Ma Nolan is a powerful, understanding companion for us. Her book is a valuable contribution guiding us to express our inner essence in meaningful and productive ways in the world. She has a profound understanding of how yoga joins mind and body. Her work takes a further step and shows how the principles behind the mind-body union can be used to guide collaborative efforts to heal the human community and the physical world we all share. ★★★★★

Dr. Linda Howe
Author, Teacher & Spiritual Pioneer
Akashic Records

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For more information, author interviews and book copies and excerpts, contact Bob Heyman at Bob@DigitalEngagementGroup.com

