

Press Release

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Headline: Raise Your Happiness Quotient and Live a Life of More Peace and Harmony with *Living Love the Yoga of Yama & Niyama, Timeless Teachings for Transformation and Awakening.*

Book Description

Living Love is a unique blend of the ancient teachings of yoga and modern psychology. It provides basic life principles to live by and offers teachings for happiness, compassion, self-love and self-realization.

These ancient teachings of yoga give you the guidelines to face the difficulties of life. This book leads you through processes that can help you shift negative beliefs and thought patterns, transform your relationship with yourself and others and ultimately your life, It gives simple practices that can resolve, solve, clarify, heal, purify, fend off confusion, dispel error and light your way into developing a deeper connection with your true divine nature. Living Love is a practical guide to living a deep and fulfilling life that will move you towards awakening to the deepest love within you.

About the Author

In addition to being an author, Maetreyii Ma is a licensed psychologist with a doctorate in Transpersonal Psychology, a teacher of yogic philosophy and ancient wisdom, an ERYT 500 yoga teacher, and an ordained yogic minister, or *Acharya*.

Maetreyii Ma is currently the president of Ananda Guru Kula, a non-profit organization dedicated to spreading the wisdom teachings of yoga and a psychologist in private practice. She spends her time giving *Baba Talks*, teaching and publishing books of these beautiful discourses and giving retreats and seminars. She currently resides with her family in their ashram community in the northern San Francisco Bay Area.

(www.yogama.info)

Book Information:

Book Page: <http://www.yogama.info/living-love-yama-niyama.html>

Amazon: https://www.amazon.com/Living-Love-Yoga-Yama-Niyama/dp/0986304719/ref=tmm_pap_swatch_o?encoding=UTF8&qid=1485206298&sr=1-1

Goodreads: <https://www.goodreads.com/book/show/30050389-living-love>

Also available at Amazon, Ingram Sparks, New Leaf and through Ananda Gurukula Publishing (707-575-0886).

