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October 18th 2013: Amma - Love and Serve: Yoga - Not Just Bending Over Backwards

Of the 8 limbs of yoga the physical postures are only 1; 5 address working with the mind; the intricacies of disciplining it & then the fruits afterwards. Service, known as the branch of yoga called, "karma yoga," is considered both an influence in creating, and an outcome of, a calm mind, body & spirit. "Love & Serve" is the motto of Amma, who my guest today, Vandana Dillon, is here to talk about Amma and her work w/Amma. Aka "The Hugging Saint," Amma is a Hindu spiritual leader & guru, revered as a saint by her followers, and widely respected for her humanitarian activities, who Deepak Cho

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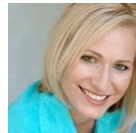
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Featured Guest



Vandana Dillon

Vandana Dillon is a YA E-RYT 200 with over 1800 hours in teaching, founder of Awaken Yoga Center in 2008 in St Petersburg, Florida which merged w/Yoga Village in 2012, creating the multiple- location expansion A Yoga Village. She can be seen mainly teaching at the glorious Sunken Gardens, former home of Awaken Yoga Center. A huge part of Vandana's life involves her Love for serving others. Though she sees teaching yoga as a service, her real Karma Yoga is through her charitable projects: Teaching IAM - Integrated Amrita Meditation (R) Technique to adults and youth, running Awaken Yoga 4 All Kids, the first Volunteer Yoga Program to be offered at All Children's Hospital (2011) creating an

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