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November 22nd 2016: Encore: Light It Up with Keith Mitchell

Light It Up will feature former NFL Linebacker turned Master Yoga Instructor Keith Mitchell. Keith's highly successful football career suddenly ended after he experienced a paralyzing spinal injury during a game, which resulted in early retirement at the young age of 31. Unwilling to surrender to emotional depression, he channeled his energy into the practice of yoga and meditation. We will discuss how these daily practices healed his body, mind and spirit. We will also discuss how Keith came to appreciate the universal need for emotional and physical healing nationwide, and how his Light It U

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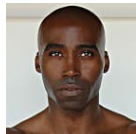
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Featured Guest



Keith Mitchell

NFL Star Keith Mitchell, #59, is a former linebacker for the New Orleans Saints, Houston Texans, and Jacksonville Jaguars. His football career suddenly ended after he experienced a paralyzing spinal injury during a game, which resulted in early retirement at the young age of 31. Unwilling to surrender to emotional depression, he channeled his energy into the practice of yoga and meditation. He discovered that these two daily practices not only helped him physically recover from his injury, but created a sense of self-awareness and fulfillment which surpassed his love for football. Keith then developed a desire to share his liberating encounter with others. Today, he is a respected Master Ce

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