

***** PRESS RELEASE *****

SISTASHREE (REGINA FRENCH) BOOK LAUNCH

A spiritually uplifting read - *SEVA selfless service the memoir of a modern day yogi* is a “how to” book told in a gentle and loving voice.

Sistashree's memoir ***SEVA selfless service the memoir of a modern day yogi*** is a reflective look at a life in meditation, service and yoga. She recounts how the fusion of yoga, civil rights and music reconstructed the shattered pieces of her heart and soul.

It is not a traditional instructional Yoga book, very little is said about asana (postures). The author's main focus is the gift of *social awareness*, the responsibility that we have to each other and how a life lived in meditation and service leads to a life well spent.

BOOK LAUNCH DATE

FRIDAY 8TH JULY 2016 - India book launch

US dates to follow

a reading by the author, discussion and book signing

VENUE

MANASA R. Saraswati Jois Yoga Shala #55 3rd Cross, 3rd Stage, Gokulam, Mysore

(Saraswati Jois is an Ashtanga Yoga Master, the daughter of esteemed Guru and yoga Master Sri K. Pattabhi Jois (1915-2009) and the mother of Paramaguru Sharath Jois. They travel internationally to share the ancient teachings of the yoga, as well as hosting many yoga students and disciples of Ashtanga Yoga in Mysore.)
www.kpjayi.com

ABOUT THE BOOK

The book follows Sistashree's work, teaching Yoga to AIDS patients in hospices, women in halfway houses, senior citizens and children in the inner-city schools of California, New York, Boston, Australia and India.

The narrative is intertwined with her love of music, she beautifully recounts how music has always been her teacher, enhancing her journey and how the ancient paths of yoga and meditation have been her guide for living.

AUTHOR QUOTE

“My life as a modern day Yogi

I believe that all life is Spiritual ... all life is Sacred...

My journey began in Oklahoma known for its mystical plains.
My childhood was filled with the pain of Segregation and Discrimination.
A young life punctured by random attacks of the Ku Klux Klan.

I remember the birth of the Civil Rights Movement and the death of the great Reverend Dr. Martin Luther King Jr.

I am from a military family. We traveled a lot.

I spent most of my High School years living in Hawaii, where I began to follow the disciplines of the *Sacred Path Of Yoga*.

In the late '60s I moved to San Diego, California to attend college but my real learning, growth and development came from *local Neighborhood and Community Service Centers for Social Change and Justice*.

This is where I was introduced to the idea of *Seva* - selfless service.

This was the beginning of a life dedicated to *community service and yoga*.

The path of *selfless service*, the discipline of *yoga /meditation* and the heart and soul of Motown nourished my soul so that I could continue to

LIVE, LOVE, LEARN AND DANCE IN THIS MAGNIFICENT RIVER CALLED *LIFE*."

Sistashree, Bangalore 2016

CONTACT

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www.sistashree.com

sistashree facebook

<https://www.facebook.com/events/284852128519190>

ABOUT THE AUTHOR

Sistashree (Regina French) is a musician, human rights activist and retired Yoga teacher, who hails from the State of Sequoyah known today as Oklahoma.

Although she has taught yoga for over 30 years her work has rarely been in Yoga Studios. She is a community activist who has taught yoga in women's shelters, and half-way houses, in HIV and Aids clinics, and in many Senior Citizens homes, as well as colleges, universities, and corporate law firms.

She spent many years in study with the great Yoga Master and Sanskrit Scholar Sri. K. Pattabhi Jois and his family in Mysore, South India.

Sistashree is also an 'Indie' recording artist known in spiritual circles for her own unique brand of Devotional music; a sound inspired by African American Gospel music and ancient Hindu sacred chants fused with melodic guitars, keyboards, drums, tablas, veenas, violas, violins, horns, the tambourine and call and response singing.

For more than 30 years she has worked with Master musicians from all over the world.

COVER ART (and illustrations inside the book) are kindly shared by Raghuphathi Batha, high-resolution copy of the cover art is available on facebook

<https://www.facebook.com/events/284852128519190/>

Raghupathi Bhatta is an internationally reputed Mysore-based artist; whose work offers a unique interpretation of the great Indian classics: the Ramayana, the Mahabarata, Upanishads and the Bhagavad Gita.

Bhatta's 60 miniature Ramayana paintings are featured in the permanent collection of the Victoria and Albert Museum in London and collections at the Mysore Palace Museum.

He has received the prestigious National Art Award from the Lalita Kala Academy and his works have been exhibited across the globe.

Sistashree salutes Raghupathi Bhatta as one of her gurus.

REVIEW

"In this inspiring and easy to read book, Sistashree shares her life experiences in seeing the Sacred in everything.

In her many roles as a daughter, sister, wife, mother, musician and yoga teacher, Sistashree has allowed us a glimpse of her path towards yoga beyond the poses and the breath to embrace yoga in all that we do.

Whether you are a yoga teacher, or an aspiring yoga student you will be inspired by *Seva*.

Eileen Hall, YOGA MOVES, Sydney, Australia

HASHTAGS

#civilrights #blackhistory #india #humanrights #motown #yoga #seva
#sistashree #mysorestyle