



Pilgrim of Love: The Life and Teachings of Swami Kripalu

Atma Jo Ann Levitt

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"Swami Kripalu, affectionately known as Bapuji (or dear father), was one of the greatest Kundalini yogis of the 20th Century. Scholar, classical musician, composer, playwright, athlete, actor, and consummate story-teller, Bapuji was most renowned for his practice of sahaj or spontaneous yoga and his encyclopedic writings on yoga and classical music. He lived in the western state of Gujarat from 1913 to 1981. Although Bapuji visited the US from 1977-1981, few of his writings have been translated into English. Thus the full impact of his wisdom is yet to be felt in the west. Atma's thoughtful and creative approach to his life and teachings in *Pilgrim of Love* builds a strong foundation for getting to know this extraordinary master of yoga." —Stephen Cope, author of *Yoga and the Quest for the True Self*

Kripalu Yoga, originally pioneered by Yogi Amrit Desai and later developed into a structured practice by key Kripalu teachers, provides an introduction to the life-transforming yogic principles that are Bapuji's legacy to Kripalu Center. With his teachings as its foundation, Kripalu Center is the largest residential yoga center in the world and is located in the Berkshires in western Massachusetts. Offering year-round trainings, programs and health services, Kripalu Center provides the means for guests to develop awareness, cultivate health, and embark on a journey of deep spiritual transformation—all through the application of the tools of yoga.

Atma Jo Ann Levitt, M.A., R.N., is a certified yoga teacher, Healing Touch practitioner, and author of three books, including *The Kripalu Cookbook: Gourmet Vegetarian Recipes*. She pioneered many growth and wellness programs at Kripalu Center. She is coauthor of a book on sibling relationships, *Sibling Revelry: 8 Steps to a Successful Adult Sibling Relationship*.



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