



***Meet Sylvie Gouin...***

***Please tell us about your role as a Certified Ayurvedic Lifestyle Specialist and the benefits of implementing Ayurvedic techniques into our own lives?***

In short, Ayurveda is a comprehensive holistic practice that is designed to help enhance our unique well-being. As a sister practice to yoga when we become conscious of our unique constitution, as based on Ayurvedic principles, we can deepen our yoga practice through specification and positive self-awareness which ripples out in our everyday life. In private setting I offer Ayurveda and include the third sister Astrology where these two practices are used to identify ones unique expression and how we can attain our goals. In group workshops and classes, I provide the Ayurvedic guidance necessary for each individual to identify her/his unique make-up and then I provide the precise holistic tools to enhance vitality, energy and overall health.

***What inspired you to write “Inspired Living: A Guided Yoga Journal”?***

In 2011 I had the honor of being invited into a writing mentoring program under the tutelage of Georg Feuerstein Ph.D (1947-2012), author of over 50 books on the history, philosophy and literature of yoga. I spent the year writing essays and Georg would review them. I then used my essays and transformed them into a book of which he endorsed. I chose the journaling model for the following reasons: 1. I am avid journal keeper and I know from personal experience how beneficial they are and I wanted to provide a tool to not only dive-in to the wisdom of yoga but to also benefit from this great practice; and 2: Yoga is a practice of inquiry. We are never asked to simply believe in something, but we are instead invited to remain curious about what we believe and how what we choose to believe impacts our life and keeping an inquiring journal is an efficient method to become more conscious of the thoughts we choose to entertain; and that in itself is highly inspiring.

I have developed a course around the book and have offered it a dozen times since then.

***What’s on your yoga playlist?***

One of my favorites is *Shamanic Dream* by Anugama; I love *Eternal OM* by Robert Slap and *Chen Rezi* by Gabriel Roth and although I have never played non-mantra music in my classes I do see *One Love* by Bob Marley as part of my off the mat yoga playlist.



**INSPIRED LIVING**  
**A GUIDED YOGA JOURNAL**