



contributors



Tommy Rosen is a yoga teacher and addiction recovery expert who has spent the last two decades immersed in yoga, recovery and wellness. He holds advanced certifications in both Hatha and Kundalini Yoga and has more than 22 years of recovery from acute drug addiction. He teaches regularly at yoga conferences and festivals. He is the host of the Recovery 2.0 Online Conferences, a groundbreaking conference series of inspiring talks. Tommy and his wife, noted yoga instructor Kia Miller, live in Venice, California.



Gil Fronsdal is the primary teacher for the Insight Meditation Centre in Redwood City, California. He has practiced Zen and Vipassana since 1975. He has been a Soto Zen monk at the San Francisco Zen Centre as well as a Theravada monk in Burma. He trained with Jack Kornfield to be a Vipassana teacher and teaches at the Spirit Rock Meditation Centre. He received a PhD in Religious Studies from Stanford University.



Laura Holland is the co-founder of BeUtiful You (www.BeUtifulYou.co.uk). It is her passion to empower people to tap into their abundant stream of health, wellness and vitality. As an expert nutrition and wellbeing consultant, yoga teacher and writer, Laura helps clients to naturally restore their health and harmony allowing a sense of lightness and the creation of a BeUtiful body.



Ram Ganglani's career has crossed oceans and mountains, from Africa to Europe, from the Middle East to Near Asia. As an entrepreneur, businessman and mentor, he has accrued five decades of experience and wisdom and has been instrumental in transforming numerous lives, especially after he founded Right Selection in Dubai in 1993 to promote the personal development culture. Dedicated and positive, hands-on and strategic, Ram's hobbies include health, music, poetry, reading and creating inspirational literature.



Vivid Riley is a certified yoga instructor who has been practicing yoga for 8 years. Currently she is a private yoga instructor based in Abu Dhabi. She is also the co-founder of www.omageyoga.com whose mission is to contribute to the continued growth of yoga awareness benefiting the UAE yoga community. Find out more on <https://www.facebook.com/omageyoga>.



Dr. Joseph Mercola is an osteopathic physician, also known as a DO. Focussing on preventive health care, DOs help patients develop attitudes and lifestyles that don't just fight illness, but help prevent it, too. Dr. Mercola is trained in both traditional and natural medicine. His motivation is to make you as healthy as you can possibly be. He has authored two New York Times Bestsellers, *The Great Bird Flu Hoax* and *The No-Grain Diet*.



Amreeta Buxani is a writer and editor currently living in Dubai. Originally from London, where she worked in academic and STM publishing, she loves not having to carry an umbrella around every day in case it rains. She's a lover of words and music, food, photography, travelling, sunsets and yoga – not always in that order.



Irene Limanto is a graduate from the Art Institute of NYC. Although her interest in cooking began at a very young age, her healthy journey began not too long ago, when she hired a personal trainer (the one who watched and measured her really strictly) and she had to prepare her own meals. *Blog:* <http://foodeasetv.com> *YouTube:* <http://www.youtube.com/FoodEaseTV> *Instagram:* <http://instagram.com/irerene22>