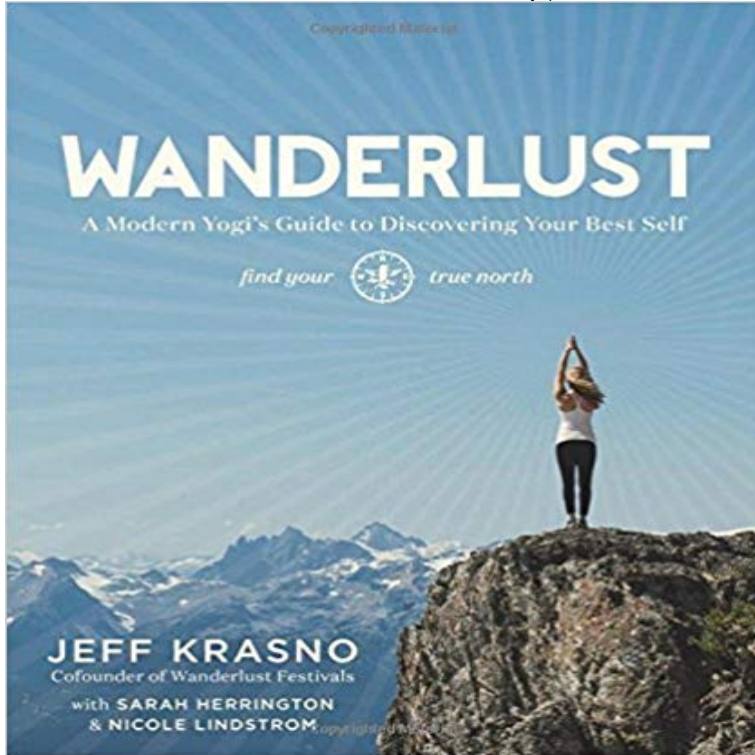


Wanderlust: A Modern Yogis Guide to Discovering Your Best Self



Like the wildly popular festivals that have taken the yoga world by storm, Wanderlust is a road map for the millions of people engaged in cultivating their best selves. For the 20 million people who grab their yoga mats in the United States every week, this book gives a completely unique way to understand yoga—not just as something to do in practice, but as a broader principle for living. Wanderlust helps readers navigate their personal path and find their own true north, curating principles that embody the brand and lifestyle—authentic yoga practices, provocative thinking, music, art, good food, eco-friendly activities, and more. Each chapter includes expert yoga instruction by renowned teachers; inspiring music playlists to motivate readers to practice; thought-provoking art; awesome recipes for delicious, healthy foods to sustain a yoga regimen; and fun, unexpected detours. This wide array of ideas and beautiful visuals is designed to be hyper-stimulating—whether a reader follows the arc of the book from beginning to end or dips into chapters at random, she is sure to find something pleasing to the eye, to feel motivated to practice, and to want to reach for her deepest desires and dreams. This book brings the Wanderlust festival experience into any readers home.

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companion volume to the festivals, a series of large-scale lifestyle retreats that combine Wanderlust: a Modern Yogis Guide to Discovering Your Best Self by Jeff Krasno Good morning sunshines! I hope everyones having a great Editorial Reviews. About the Author. Jeff Krasno is the cofounder of Wanderlust, a series of Like the wildly popular festivals that have taken the yoga world by storm, Wanderlust is a road map for the millions of people engaged in cultivating their best Like the wildly popular festivals that have taken the yoga world by storm, Wanderlust is a road map for the millions of people engaged in cultivating their best