

Inspired Living

A Guided Yoga Journal

Live Your Truth. Follow Your Path. Trust Your Intuition.

Sylvie Gouin 

Foreword by Charlotte Beaudoin Ph.D.



"Sylvie Gouin has written a truly inspiring book. I am particularly pleased that she has made use of Yoga's stash or methods, which have so much to offer. Her advice on journaling is wise and helpful." Georg Feuerstein Ph.D. Author of Encyclopedia of Yoga and Tantra and 50 other books and online courses.

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We all come to yoga from many different approaches and backgrounds. Do you remember your first class? How did it feel? What were the questions going through your mind while practising and trying to keep up with the different yoga poses? At the end of that first class what did you receive, what was it like for you?

My first class was wow! Coming from a background of kinesiology and fitness I had a knowledge and experience of the human body -- its flow of movements, alignment, the balance between strength and flexibility -- which all connected strongly inside me during that first class. Meanwhile the person in front of me, the teacher, had a complete different language. What was I here for?

Over time yoga reveals its profound beauty and meaning. For those who choose to open, to experiment, learn, and maybe have the call to teach it, we enter into a journey that will never end; we enter into a journey of connecting with who we really are, while opening up to the vastness of life.

Sylvie Gouin is one of those exceptional and rare teachers who walks in this journey. Sylvie's teachings are there as a guide, supporting our explorations, with the potential to inspire our journey into yoga on the mat, as much as off the mat. Her book, *Inspired Living A Guided Yoga Journal*, takes the language, the philosophy and science of yoga and brings it into a language we can all relate to, and most importantly, brings it into a place where each of us can relate to.

I've had the privilege to teach the first Yoga and Philosophy of Yoga course at the University of Ottawa (Canada) to the students of the School of Human Kinetics in 2016. Sylvie's *Inspired Living A Guided Yoga Journal* was our reference book; the one we read and studied attentively. Through the experiences of yoga postures (*asanas*), opening up to their senses, thoughts, words, and actions these students became aware of who they really are. *Inspired Living A Guided Yoga Journal* progressively guided the students, chapter by chapter, to a better understanding of yoga philosophy, but most importantly to connect with the language, deeply unfolding what was in it for them.

This tiny book you are holding in your hands is certainly not limited to its size! Sylvie has truly written an inspiring living book (as Georg Feuerstein commented in 2012 for the first edition of the book). Although I have been reading and studying different reference books on the philosophy and science of yoga for a number of years, I certainly encounter the challenges of translating these teachings into my everyday life. The first time I read *Inspired Living A Guided Yoga Journal* great a-ha! moments transpired and a better understanding of the yoga language started to reveal itself, jiving with previous reading materials and moving more deeply inside me. The second time I read it I was with my students at the university and I was experiencing it through their eyes, their experiences, and questions. What the students and I appreciated the most about *Inspired Living A Guided Yoga Journal* was the short chapters and easy-to-read language. The questions are very helpful in guiding the reflections and supporting the journey through the yoga practice on and off the mat. Each chapter progressively flows into the next one, guiding the reader into a deeper understanding. Along the way we all discover how yoga is not about a particular religion or belief and we all cherish its universal nature opening us to the vastness of life and its manifestation through each and every one of us. By the end of the semester the students all came up with the same conclusion ... how much we evolved and how much yoga and the study of *Inspired Living A Guided Yoga Journal* opened a new pathway for living an inspired life. The journey will never end so we express our gratitude and love to Sylvie for translating and sharing such teachings and wisdom with us.

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