

# yoga

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### ARMCHAIR YOGI

## Pratichi Mathur

"BY MAKING READING books a daily *sadbana* [practice], I remain dedicated to my path of self-improvement," says Pratichi Mathur, a renowned Ayurveda practitioner and founder and owner of the Ganesha Institute for Ayurveda and Vedic Studies in Los Altos, California. She describes her childhood as being filled with much to read, including mythologies from the Hindu Puranas, anecdotes of the lives of saints, tales of India's history, and contemporary and classic literature.

"But without a doubt, the book that changed my life is Swami Vivekananda's compiled lectures in *Vedanta: Voice of Freedom*. I can trace the development of my soul from reading—and rereading—this book." Mathur reads only two books at a time, devoting an hour in the morning after breakfast to one along with a half hour before bedtime to the other. "I also often stop to deliberate between reading, making notes in my scrapbook and holding the good ones to my chest to breathe in their power and potential." —Matthew Solan



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#### ON THE COVER

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