



YogaLife Institute

philosophy ● education ● practice



Robert Butera, E-RYT, M.Div., Ph.D., director of The YogaLife Institute in Devon, Pennsylvania trains Yoga teachers, leads Seminars and writes on yoga. He publishes the popular Yoga Living Magazine, a free holistic publication distributed in the greater Philadelphia Area, Yoga Living. All of the Yoga programs at the YogaLife Institute are based on Dr. Bob's first book, the self-published Classical Yoga Study Guide.

Certified by The Yoga Institute, Bombay, India, where he lived for six months in 1989, Bob aims at bringing a non-sectarian form of Classical Yoga tailored for the householder. His Ph.D. dissertation for The California Institute of Integral Studies (1998) concerned a Yoga healing program for the immune system.

Bob also has a Masters of Divinity from The Earlham School of Religion (Quaker) and has lived in and studied meditation and personal growth in Japan, Taiwan, India and the United States.

Emphasizing education and applied knowledge in his courses, Bob teaches his students how to understand their own needs and then, how to create a holistic yoga lifestyle to address those needs. Health, emotional, social and spiritual difficulties are also addressed within the framework of Yoga's comprehensive psychology.

Bob's second book, ***The Pure Heart of Yoga: Ten Essential Steps for Personal Transformation*** was released by Llewellyn Worldwide in September 2009.

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