



# THE YOGA OF LEADERSHIP

Speaking and acting with control and clarity, the best leaders inspire their organizations to thrive. This comprehensive guide to health, wellbeing and principled leadership shows you how to clear your mind, engage your team, and find greater satisfaction in your work and life.

Praise for The Yoga of Leadership:

"The Yoga of Leadership is an informative and thought-provoking complement to books on leadership. Oriented toward individual transformation, Tarra Mitchell shares a morally deep and timely message empowering leaders to raise consciousness through what she calls holistic wellbeing. ..." - John Mackey, Co-Founder and CEO, Whole Foods Market, Co-Author, *Conscious Capitalism: Liberating the Heroic Spirit of Business*

"... The Yoga of Leadership teaches us how to tap into our inner self so we can be the best leader and person we can be. Brava, Tarra!" - Jean Edelman, Co-Founder, Edelman Financial Services, and Author, *The Other Side of Money*

"The Yoga of Leadership is a deep and meaningful resource with real world applicability. Tarra Mitchell brings the ancient wisdom of yoga into leadership in a way that will easily resonate... - Rolf Gates, Teacher and Author, *Meditations from the Mat: Daily Reflections on the Path of Yoga*, *Meditations on Intention and Being: Daily Reflections on the Path of Yoga*, *Mindfulness and Compassion*



Born and raised in the friendly town of Pittsburgh, PA, TARRA MITCHELL is incorporating her distinctive background in business and yoga to contribute to the great conversation around leadership and consciousness. The Yoga of Leadership demonstrates how personal wellbeing is not only principle centric but also a leading indicator of success at work and in life. The Yoga of Leadership integrates the benefits of yoga into a leadership context in a way that inspires and empowers leaders to lead healthier, happier lives, and better connect with and engage their teams.

Learn more at [www.TarraMitchell.com](http://www.TarraMitchell.com)