

TIRLOK MALIK LAUNCHES HAPPY LIFE YOGA, A NEW EDUCATIONAL PLATFORM FOR A HAPPY & HEALTHY LIVING



Tirlok Malik has promoted Ayurveda for the last 20 years and now he and the team bring the gifts of India through HAPPY LIFE YOGA.

happy life yoga
Ayurveda • Indian Philosophy • Yoga™

NEW YORK CITY (TIP): In honor of International Yoga Day 2019, HAPPY LIFE YOGA, conceptualized by Filmmaker, Restaurateur, and Ayurveda Speaker, will be launching on June 29th. The curtain raiser event for this educational platform will be inaugurated by Deputy Consul General of **India** in New York, Shatrughna Sinha. . Manhattan Borough President Gale Brewer will be the chief guest. Padma Shri Dr. Sudhir M. Parikh will be attending as a guest of honor, and many VIPs will be in attendance as well.

This intriguing, interactive, and entertaining experience will include a panel discussion on topics such as how to use Ayurveda in every day life, the place of Western Medicine in holistic wellness, and the benefits of Yoga. Speakers include Dr. Bhupendra Patel, M.D., Ayurvedic Dr. Bhaswati Bhattacharya, and **Long Island** yoga teacher Ranju Narang.

HAPPY LIFE YOGA, created by Tirlok Malik, is the yoga of life. This educational platform offers a unique holistic approach to health and happiness using tools from Ayurveda, Indian Philosophy, and Yoga to help better manage modern day challenges such as work, finances, relationships, family and other social pressures and ultimately guides you towards a happier life.

Tirlok Malik believes India has always been a spiritual teacher of the world and that Indian Philosophy provides the blueprint of how to live a happy life. Indian Philosophy teaches that we must practice balance in all four aims of human life: Artha, Dharma, Kama and Moksha. These philosophical concepts can be applied to all cultures.

An asana yoga practice and healthy eating alone will not make us healthy. Kama, the world of all our desires, can be a double edge sword and we must understand and manage this part of the four aims of human life to be healthier and happier. According to Indian Philosophy we can have it all, but as Tirlok Malik says "Fix your Kama, and be happier!"

Indu Jaiswal of The **Indian American** Forum, one of the oldest organizations of Indian Americans on Long Island, and Prof. Indrajit Saluja publisher and editor of the Indian Panorama, an Indian American Newspaper in New York & Dallas sponsored the event and are committed to spreading the message of HAPPY LIFE YOGA.

Tirlok Malik created HAPPY LIFE YOGA as well as Ayurveda Cafe in Manhattan. He is a happy lifestyle speaker and a New York Emmy Nominated Filmmaker. He is a proud Upper Westsider. He has promoted Ayurveda for the last 20 years and now he and the team bring the gifts of India through HAPPY LIFE YOGA.

HAPPY LIFE YOGA will provide workshops, excursions, events and more. A unique mix of tools and exercises are used in our workshops to apply these philosophical concepts in every day life. www.happylifeyoga.org

