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Tirlok Malik launches Happy Life Yoga, a new educational platform

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New York: In honor of International Day of Yoga 2019, Happy Life Yoga was launched on June 29. The curtain raiser even educational platform was inaugurated by Deputy Consul General of India Shatrughna Sinha and Manhattan Borough P Gale A. Brewer in a packed auditorium at the Goddard Riverside's Bernie Wohl Center in Manhattan. Many other VIPs attendance as well.

Happy Life Yoga is the creation of Tirlok Malik and the Ayurveda Cafe team. Malik is a restaurateur, happy lifestyle speak York Emmy Nominated Filmmaker, and a proud Upper Westsider.

Speaking on the occasion, DCG Shatrughna Sinha promised that the Consulate will include Happy Life Yoga as a part of International Day of Yoga celebrations in 2020.

Brewer who has known for Tirlok for a couple of decades also spoke in support of his initiative.

The interactive and entertaining event included a panel discussion moderated by Malik on topics such as how to use Ayurveda everyday life, the place of western medicine in holistic wellness, and the benefits of Yoga. Panelists were Dr. Bhupendra Ayurvedic Dr. Bhaswati Bhattacharya, and Long Island yoga teacher Ranju Narang.

Happy Life Yoga 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 finances, relationships, 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 by practicing balance in all four aims of life: Artha, Dharma, Kama and Moksha.

An animated Malik, who is blessed with a powerful voice and personality, argued that just the asana-yoga practice and healthy eating alone will not make us happy. "Indian Philosophy says have it all, but Kama, the world of all our desires, can be a double-edged sword and we must understand and manage this part of the four aims of human life to be healthier and happier. So Kama, and be happier!" he asserted.

The event was hosted by The Indian Panorama and Indian American Forum (IAF). Indu Jaiswal of IAF, one of the oldest organizations of Indian Americans on Long Island, and Prof. Indrajit publisher-editor of the Indian Panorama, are on board to spread the message of Happy Life Yoga.

Happy Life Yoga will provide workshops, excursions, events and more. A unique mix of tools and exercises are used in its workshops to apply these philosophical concepts in everyday life. For info: www.happylifeyoga.org

Update: 14 July, 2019

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