

# A Sacred Encounter

“Never compromising posture for distance. Never compromising breath for posture.”

After the class, the familiar gentleman came up to me again to share a few kind words. He had been a regular practitioner for quite some time and I had often wondered who he was. It has clear from his appearance and diction that there was something remarkable, and the story of a life less ordinary there.

We engaged in a conversation and spontaneously, this CD was born. There is a sense that this CD was created through us rather than us creating the Open Yoga CD.

It was a privilege to collaborate with the master musical craftsman, Adrian Carr Maharaj to produce this beautiful yoga class. It is focused and introspective practice specifically intended to revitalize the body and relax the mind. This way, you have your yoga class with you wherever you go.

Bhaskar Goswami  
-BODHI founder/yoga teacher/presenter

From Assam, India, Bhaskar Goswami has been deeply involved with the practice of yoga since the early 90's. He is a certified teacher of traditional hatha yoga and a specialist in employing the principles of yoga for the workplace.

Born into the yogic tradition, he comes from the lineage of Vasishtha, who is considered to be one of the founding fathers of this ancient practice. He has been trained at the Transcendental Meditation school of Assam in India, by Yogacharya Nandakumar in Kuwait and by Siromani Sriram and the Sivananda Yoga Vedanta in Canada. With a Masters degree in Electronic Engineering from the University of Nottingham in England, Bhaskar has a 10 year international engineering career in petroleum, telecom, audio, acoustic and microelectronics industries, providing him with a strong understanding of the work environment.

In 2007 he founded BODHI Principle, a company that is dedicated to offering genuine wellbeing to people in workplaces. That same year he won the Quebec Entrepreneurship Contest for 'Entrepreneur of the Year'. Later that year, he also won Accolade 2007 - Recognizing Business Excellence, again for 'Entrepreneur of the Year'. Based in Montreal, BODHI is privileged to offer authentic yoga practice to the people of several prestigious organizations.

Adrian Carr  
- composer/pianist/storyteller

As a composer and pianist, Adrian Carr works with music in a way which mixes classical training with pop/rock culture creating a vibrant and emotional music. He has performed in a variety of venues from Coffee Houses to Carnegie Hall. His musical influences are as diverse as Chopin, Leonard Cohen, and fellow pianists Tori Amos and George Winston.

Born in Buffalo, New York, Adrian moved to New York City to attend The Juilliard School. He was later invited on full scholarship to Princeton University where he received his Masters. He opened one of the finest acoustic music recording and mastering facilities in New York where he received Grammy Entry nominations in classical and contemporary music as a recording engineer. In 2005, he moved North to settle with his wife in Montreal.

Google founder, Larry Page (FORTUNE, February, 2008)