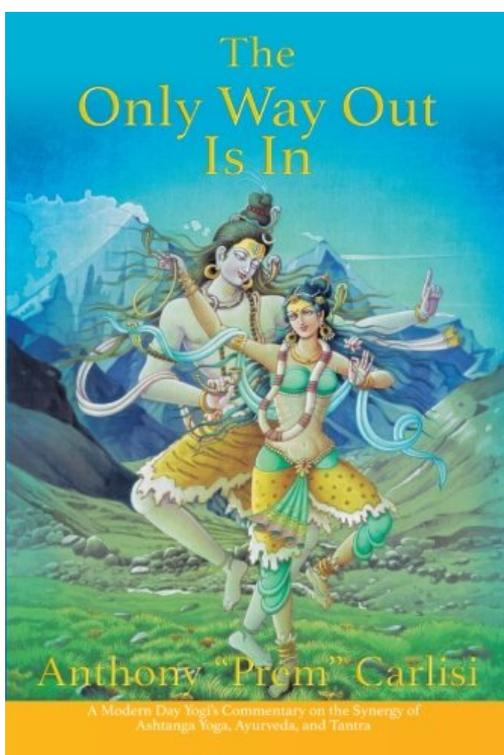


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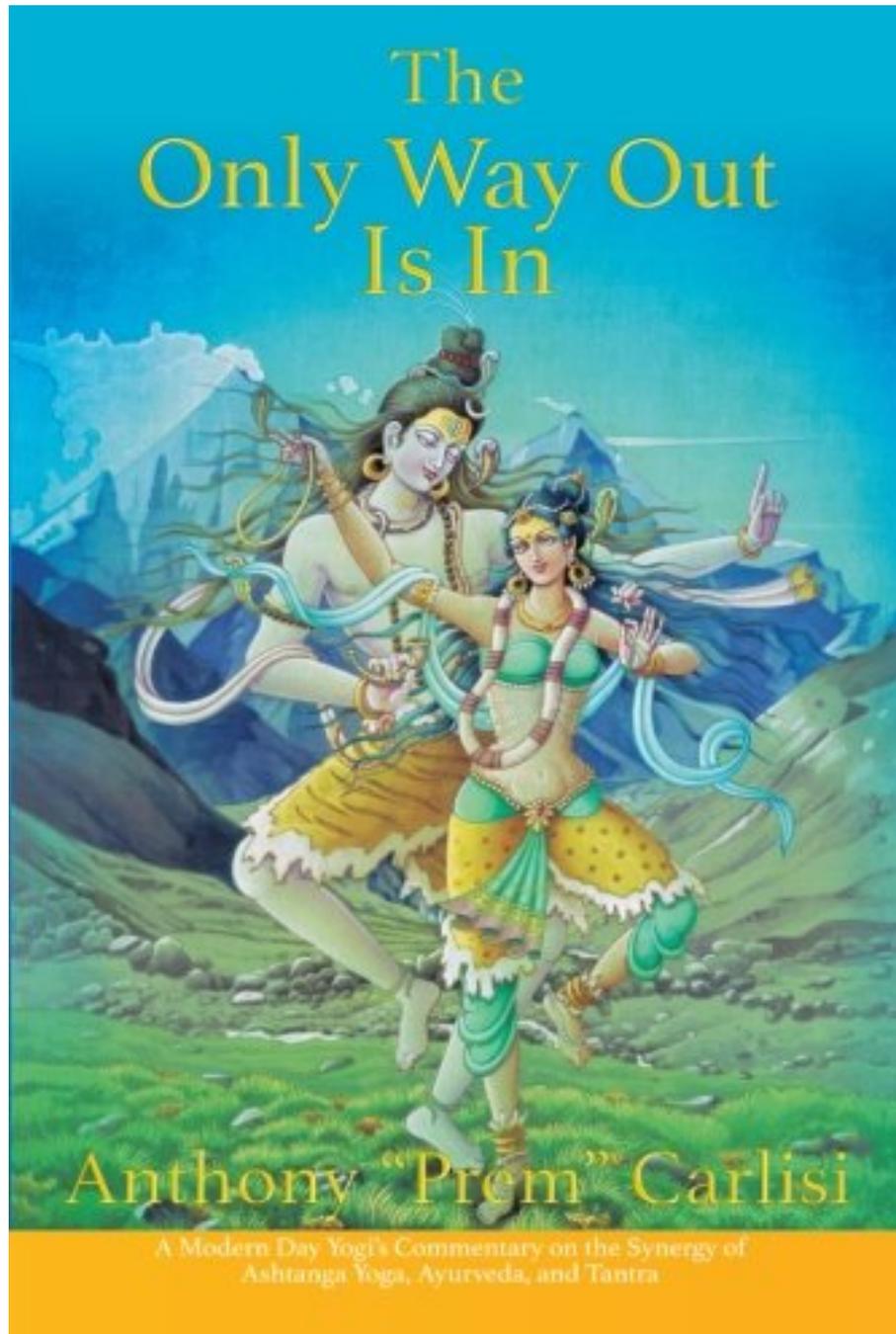
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Review

A fascinating story showing how Ayurveda, Yoga and Tantra blended together can change our lives and bring a deeper energy into all that we do. Prem takes the reader on a many-sided journey of self-discovery through his own personal quest for inner transformation. --David Frawley, author of Yoga & Ayurveda

In his very candid style of writing, Prem shares much of his personal life enquiry and, in the process, lifts the lid on Ashtanga Yoga, Ayurveda and Tantra. The Only Way Out Is In is a personal account with a fresh new perspective demystifying the science and philosophy of life. I highly recommend this book to anyone who wishes to be spiritually uplifted. --John Scott BA, author of Ashtanga Yoga: The Essential Step-by-Step Guide to Dynamic Yoga

Anthony 'Prem' Carlisi demonstrates very clearly and, in a down-to-earth way, how using these three systems may improve your health, lifestyle and overall sense of well-being. A wonderful book for anyone interested in Ashtanga Yoga, Ayurveda, and Tantra. --Dean Ornish, M.D. Founder and President, Preventive Medicine Research Institute author of Dr. Dean Ornish's Program for Reversing Heart Disease

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About the Author

Anthony "Prem" Carlisi was born in Phoenix, Arizona in 1955. He began his Ashtanga journey at the young age of 23, in 1978, when Guruji was teaching in Encinitas, California for 6 months. The following year

marked his initial trip to Mysore, India where he studied Advanced A; currently known as third and fourth series. Prem was in the first group of western students to show up on Guruji's doorstep in Mysore. He is considered one of the oldest practitioners of the method, along with the likes of David Williams, Norman Allen, David Swenson, Nancy Gilgoff and Tim Miller. In the past thirty years, Prem has spent four of them studying and traveling all over India. In February of 2005, Prem was officially Certified by Sri K. Pattabhi Jois, as a senior Ashtanga Teacher. This title enables him to teach the Primary, Intermediate, Advanced A series and the Pranayama sequence of Ashtanga yoga. (Certification is different from Authorization; Authorized teachers are only allowed to teach the Primary series). As a certified teacher, Prem has the ability to communicate and pass on all aspects of the Ashtanga method to the next generation of yogis, with Guruji's blessing. In addition to Prem's studies of Ashtanga yoga, he has also done in depth Ayurvedic study with the reknowned Ayurvedic practitioner, Dr. Vasant Lad. In 1983, he initiated a 3 year course with Dr. Lad and was certified to do consultations and clinical work. Prem has also done courses with Dr. David Frawley and Dr. Robert Svoboda. He uses the Ayurvedic principles in his own life, through diet, practice and lifestyle choices.. Prem's interest in Tantra began in the mid-eighties, but it wasn't until several years later that he began to study it further. He feels that Tantra is the next natural progressive step to those exploring the vedic traditions and feels it completes the synergy of the Ashtanga, Ayurveda and Tantra systems. Prem continues his own independent studies, experimentation and ongoing exploration of these three sciences.

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