

“I think my dream came from my years growing up in Brooklyn and from being a school teacher in the ghetto. I saw so much inequality, which made me feel that everyone should have more. My empathy created a huge desire in me to give these children back something. I discovered that through yoga I could get kids from feeling stressed-out to being present and centered. Yoga showed these kids that they had the power to truly embrace who they are. Knowing the impact and power of yoga and meditation I wanted to put it into the schools. This is my dharma.”

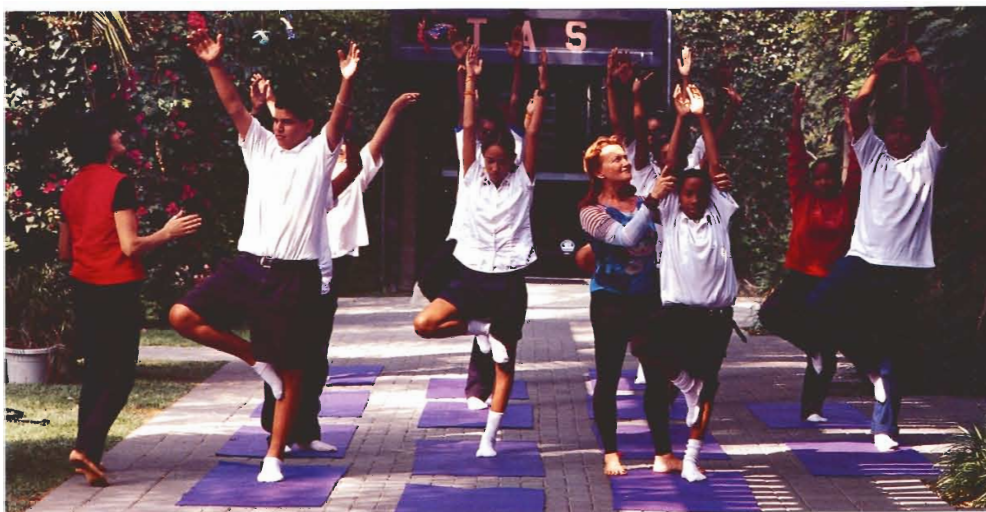
Scene three: Twilight in an enchanted garden imbued with a spiritual and vibrant energy. Tara and the Living Arts catalog, a Gaiam company, are hosting “An Evening of Song and Spirit,” a benefit for Gaiam Yoga For Life. The Gaiam Yoga For Life

program provides yoga curriculum materials and support to inner city public schools across the nation. This evening, popular recording artist Seal (a close friend of Tara’s) and kirtan singer Krishna Das are sharing their musical talents, along with children from the Accelerated School. Whole Foods (who also provides snacks for the yoga classes at the school) is catering the buffet. Well-known yoga enthusiasts Deepak Chopra, don Miguel Ruiz, Madonna, Sting, Christy Turlington, Mariel Hemingway, and Goldie Hawn are just a few of the celebrities lending their support.

Scene four: South Central is changing. The neighborhood is becoming more positive and empowered. In the middle of the inner city, where uprisings took place on Martin Luther King Boulevard and Main Street, now stands a beacon of inspiration for children: The Accelerated School. **HR** 5

“This morning one of my students came to me asking, ‘Can I go to yoga today, please? Am I going today?’”

—Tien Huyng-Dinh, 7th grade teacher



How to Discover Your True Purpose

Tara believes that in order to discover your passion and purpose, you need to have a clear intention. To find this, you must ask yourself such questions as: “What am I here for? What are my passions? What do I enjoy doing? What makes me feel fulfilled? What gives me the most joy?” Meditation can help you eliminate thoughts, ideas, and beliefs that no longer serve you. Meditation can give you clarity and help you sift through the stuff of the day. If you give yourself enough time,

eventually the mind stops chattering. You will find what gives you happiness and passion. You can read all the books you want about personal freedom and discovering your dharma, but you’ll only find those things inside yourself.

“Many people that have achieved success and abundance want to give back and share themselves,” says Tara. “The greatest gift that I can give is yoga. It’s my dharma. That’s what the Yoga House does, it gives the gift of yoga and transformation. Yoga is not an exercise, it is a way of life. It is breath, it is prana, it is the life-force.”

Above: Tara and friends meditate at the Yoga House in Bel Air. **At left,** the large stone in her garden is known as a lingam stone, representing the Indian deity Shiva, the first yogi.

Opposite page: Tara with a group of 7th and 8th graders. “It is absolutely amazing to try something so new to the mind and body and know after one class that you want it for your life!”