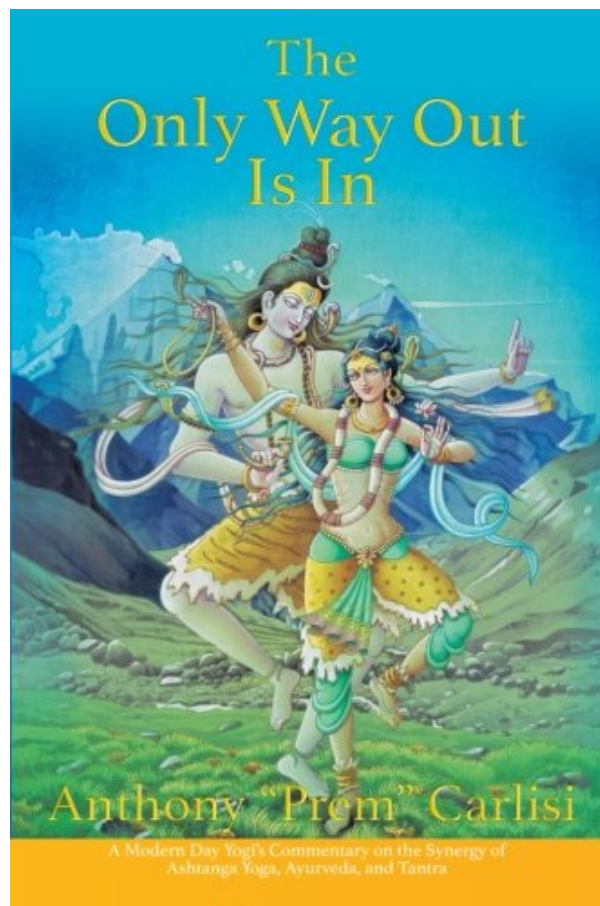
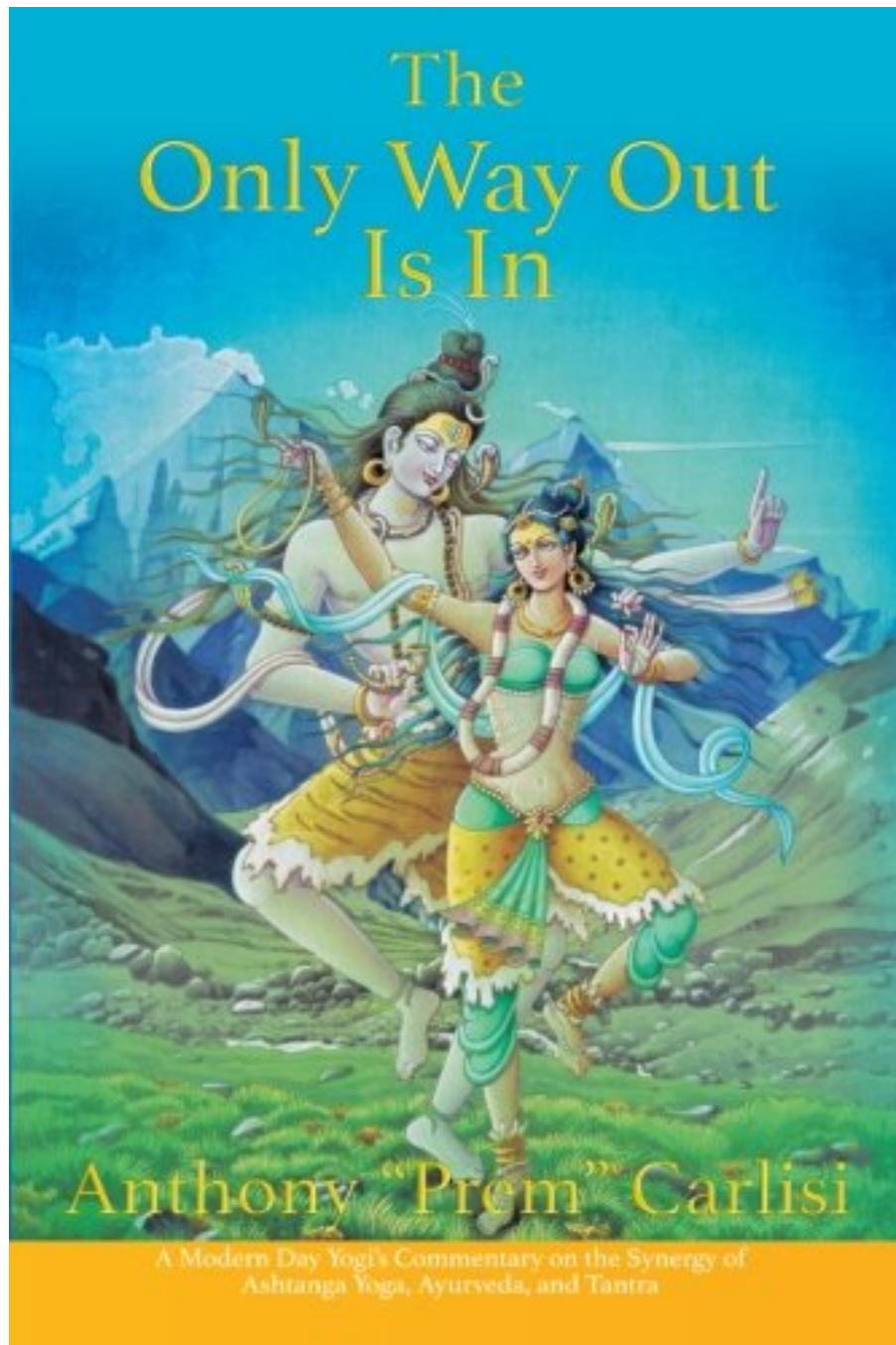


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A fascinating story showing how Ayurveda, Yoga and Tantra blended together can change our lives and bring a deeper energy into all that we do. Prem takes the reader on a many-sided journey of self-discovery through his own personal quest for inner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

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A modern day Yogi's commentary on the synergy of Ashtanga Yoga, Ayurveda and Tantra by Anthony "Prem" Carlisi This book is a spiritual memoir on the life and explorations of Anthony "Prem" Carlisi, as well as a source of practical, applicable information about the practices of Ashtanga Yoga, Ayurveda and Tantra. The synergy of these three sciences are what Prem believes to be the key to living a healthy, rooted and ecstatic life! The book is written in a down to earth way so that anyone can pick it up and enjoy it! He writes with an openness about the ups and downs of his experiences along the yogic path. Prem shares his wisdom, in a light, funny and simple manner, making these esoteric topics approachable for yogi's and householders. It is a candid inner look, spoken from the heart of a devoted, 30 year yoga practitioner.

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By radha

The Only Way Out Is In, is a refreshing new look at yoga, ayurveda and tantra. It is not a typical dull yoga book. The author shares his own personal insights into the practice and keeps it available for anybody to read and understand. It is an easy read, yet has alot of depth. His life story is also very revealing and intriguing, he's not afraid to share with his readers the challenges he has encountered on and off the mat.

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