

## FOR IMMEDIATE RELEASE

David Whyte, Nationally Best Selling Author, Highly Acclaimed Contemporary Poet, Fortune 500 Consultant, Naturalist, and Inspirational Speaker Makes Rare Appearance In La Jolla.

In response to the increasingly tense, harried, forceful, and exhausting way that so many are trying to survive or create a satisfying life for themselves, David Whyte comes with his penetrating insight and gentle guidance to offer a practical alternative. His talk will outline a meaningful and fully alive way of being in the world in a way that engages a rested, alert intelligence with the courage to simplify, to act, and above all, to have a life worth living at the center of our endeavors.

As part of their commitment for being a center of inspiration and a supportive partner through the difficulties and joys of the human journey, La Jolla Yoga Center has invited David Whyte, one of the founder's most life-changing influences. Jeanie Carlstead is not alone in being deeply affected by his work. In addition to his worldwide following, the Washington Post calls him "the workplace poet laureate," The Boston Globe calls his books "thought provoking and hauntingly beautiful," and USA Today insists that we would "do well to ditch wishy-washy motivational speakers and instead hire the fiery David Whyte to stir creativity and imagination...[His work] is, in the end, about passion and courage..." Publisher's Weekly declares "Whyte's views work not only as a means of support, but as a means for interacting with the world and developing self-expression and identity."

Whyte has created a readership and listenership in four normally mutually exclusive areas: the psychological and theological worlds of philosophical enquiry, the personal and interpersonal world of relationships, the literary world that most poets inhabit, and the world of vocation, work, and organizational leadership. "It is this combination along with his scientific and close encounters with nature that makes his work so powerfully relevant in all areas of life," said Jeanie Carlstead.

David Whyte will be at the La Jolla Yoga Center - honored for its beautification of La Jolla, known for the quality of their programs, and equipped with state of the art acoustics to match the exceptional aesthetic of its interior - on January 28th and 29th. Friday will be *An Evening with David Whyte* from 7-9pm. On Saturday his subject: *Simple and Pure: The Art of Creating a Beautiful Mind*, 12-6 PM with a one hour break.

For more information, visit [lajollayogacenter.com](http://lajollayogacenter.com) or [davidwhyte.com](http://davidwhyte.com), or call La Jolla Yoga Center at (858) 456-2412. This event is expected to sell out, according to the La Jolla Yoga Center, who has already registered people from all over the United States.

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