

Wandering and Wondering

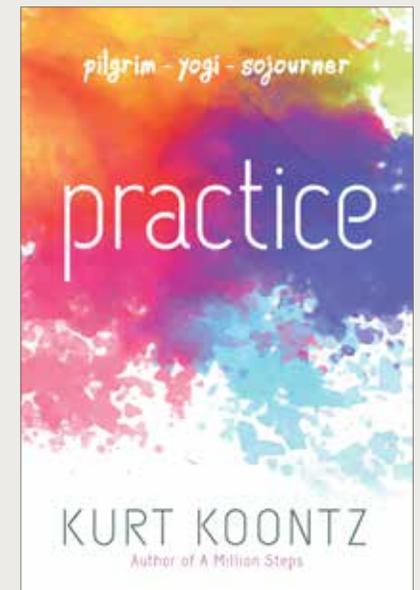
***Practice* is a spiritual exploration grounded in the modern world that speaks not just to yogis and travelers, but to all adventurers....**

Author Kurt Koontz freely admits that he is not wholly guided by his spirit when he first begins to dabble in yoga. An outdoor adventurer, he enjoys the challenging physicality of the exercise, which leads him to try several different types of yoga, seeking both fitness and female company. Kurt hopes that yoga will further improve his form and thus dramatically improve his love life. In short, when he begins his practice, Kurt is seeking six-pack abs, not spiritual enlightenment.

However, when a friend from afar encourages Kurt to seek new adventures in Rishikesh, India, the self-professed “Yoga Capital of the World,” Kurt feels called to the city and its yoga studios. Even from his first full day in Rishikesh, Kurt learns that he has underestimated the city’s allure and its potential to refocus his goals as a practicing yogi.

In *Practice*, his newest memoir, Kurt guides readers through his three journeys to India in vivid, poignant detail. With unflinching honesty and humor, Kurt treats his readers to the visual and cultural richness of Rishikesh. Aware of his great fortune in visiting such a beautiful city, Kurt shares his unbound admiration for his new surroundings, and not only for the lush foothills of the Himalayas and the sacred River Ganges, but also for the people. Kurt encounters a wide range of individuals from all over the world, most of whom have also traveled to Rishikesh to study yoga. In addition, Kurt is graciously welcomed as a friend by many locals and their families.

Soon, that welcome extends into the yoga world, where Kurt finds a yoga studio and teacher who will entirely transform his conception of yoga. *Practice* is a spiritual exploration grounded in the modern world that speaks not just to yogis and travelers, but to all adventurers, to all who strive to expand their own wisdom and compassion through soul-deep introspection.



KURT KOONTZ

BOOK DETAILS

Adventure memoir

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KurtKoontz.com

KURTKOONTZ

About the author:

Kurt Koontz has always been an adventurer. He learned to love the outdoors growing up in Boise, Idaho. After a successful career in sales, he retired early to seek new meaning in life. He gave back to his community, but also yearned to learn more about the world and himself.

In 2012, this spiritual yearning found him on El Camino de Santiago de Compostela in Spain. This long, transformative journey on foot inspired Kurt to write his first book, *A Million Steps*, a memoir that enabled Kurt to forge friendships and connections around the globe.

One of those friends led Kurt to Rishikesh, India, where he began a serious study of yoga as both a physical and spiritual endeavor. In *Practice*, Kurt recounts his most recent overseas adventures. In three yearly trips, Kurt developed his yoga practice and eventually certified as an instructor.

Today, Kurt still calls Boise home but also continues to explore the world for personal growth. A versatile and entertaining speaker, Kurt loves to share his travel stories with eager audiences. With countless photos and anecdotes, Kurt encourages his readers and listeners to embark upon their own life-changing adventures.

Praise:

"You don't need to be into yoga to find this book insightful, engaging, and inspirational. It's a fascinating account of one man's global journey to find meaning in the humanity of others."

— BILL BENNETT, MAKER OF THE DOCUMENTARY FILM *PGS INTUITION*

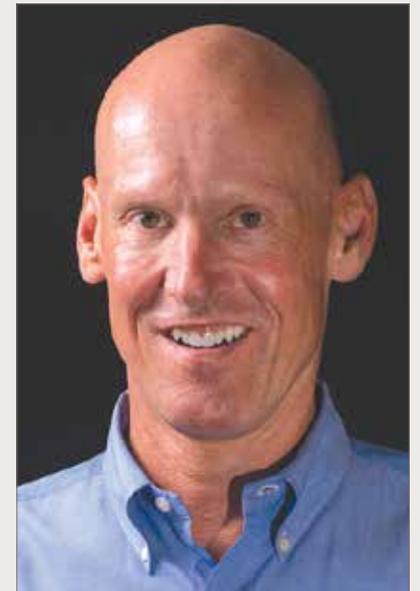
"With Practice, Kurt takes us along in his pocket once again, but well beyond A Million Steps, on a journey of the soul."

— KIM NARENKIVICIUS, AUTHOR OF THE WEBSITE *SOULFUL ROAD*

"Kurt's storytelling is a wild adventure of enlightened thinking for the urban mind."

— SHELLY HALLING, FELLOW SPIRITUAL SEEKER

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"Although I heard nothing, the aura in the room suddenly changed. A bit confused, I opened my eyes. I looked toward the front of the room and saw an Indian man seated in the lotus position, his eyes closed in silent meditation. This moment was my first encounter with Surinder.

From this point on, yoga became a transformative practice."

KURTKOONTZ