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Dinndayal Morgan Announces the Release of Lone Wolf: in the Company of Fools and Mystics

"Lone Wolf: In the Company of Fools and Mystics" is the story of one man's material and spiritual quest for understanding and self-realization.

SANTA ROSA, October 05, 2008 **/24-7PressRelease/** -- "Lone Wolf: In the Company of Fools and Mystics" is the story of one man's material and spiritual quest for understanding and self-realization. Dinndayal's story, having been born into poverty in Chicago, Illinois of African and Native American heritage, and raised in the welfare system, reveals his struggles and victories over racism, a dysfunctional family, sexuality and relationships, while learning from both Fools and Mystics. This autobiographical journey offers life experience, wisdom and useful tools for personal growth and transformation.

"...Dinndayal holds as one, in his heart, mind, and flesh, three very different paths. He is simultaneously a martial artist, a yogi, and a lover. The path he traveled to arrive where he is now took him from the depths of ugliness and violence to the heights of bliss and service. The lessons he learned and is willing to share cannot be underestimated. The value of his commitment to drop his defenses and share his soul cannot be measured."

— Dr. Stuart Heller, Ph.D., 6th Dan; CEO, Walking Your Talk; Author of "Retooling on the Run" and "The Dance of Becoming"

About The Author

Dinndayal Morgan, Director and Founder of Pathfinder Institute, School of Yoga Heart Meditative Movement is a Certified Kriya Yoga Teacher and Minister. He is also a professor of Martial Science, a 7th degree black belt in Chinese Kempo, Jujitsu and Eagle Claw Kung Fu. Professor Morgan, a specialist in Yoga, Martial Arts, Movement Psychology, Five Rings and Stress Response Training has over 40 years of experience including seminars, workshops, and private classes with adults and youth. His classes are offered through numerous agencies including adult schools, recovery programs, continuation schools and other community programs. He is the author of numerous books and articles including, Lone Wolf; In the Company of Fools and Mystics, Self Esteem Through Elemental Movement Re-Education, Poetic Thoughts From the Sea of Life and co-author of Yoga Heart Meditative Movement. He has also been published in Inside Kung Fu Magazine, Dynamic Expectations Magazine and the Journal of International Association of Yoga Therapists Abstracts and profiled in the West County Times. In 1998 he was awarded the Peacemaker's Award by the Center for Human Development and the U.S. House Of Representatives for his work with teens in anger management and violence prevention. He served as past Director of the San Francisco Bay Area Chapter of the International Association of Black Yoga Teachers.

About Pathfinder Institute

Pathfinder Institute was founded in Berkeley, CA in 1988 as a school of alternative learning. Located in Antioch, CA since 1994, Pathfinder Institute has currently re-located to Santa Rosa, CA. Dinndayal Morgan, Director and Kriya Yoga Minister, has trained in yoga and martial science for over 40 years. Pathfinder Institute is dedicated to the path of self discovery, offering group and private classes, workshops, seminars, retreats and yoga instructor certification training throughout the year.