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Contributors

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Swami Gopalananda has been a close disciple of Swami Sivananda Radha for many years. He is the vice president of Yasodhara Ashram, the teaching center of Swami Radha's work in North America, and the editor of *Ascent*, the quarterly journal of Swami Radha's work. Swami Gopalananda has recently published *Can You Listen to a Woman—A Man's Journey to the Heart*, which tells about his years with Swami Radha.

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Swami Sivananda Radha began her spiritual journey in 1955 from a deep desire to know the purpose of her life. By the time of her death in November 1995, she had become one of this century's most respected spiritual teachers. She is the author of many fine books about Yoga, including *Kundalini Yoga for the West* and *Hatha Yoga: The Hidden Language*. Her last book, *Time to Be Holy*, was published posthumously in 1996. Swami Radha's ashrama on the shores of Kootenay Lake, British Columbia, continues to flourish under the direction of her successor, Swami Radhananda.

Ellen Serber teaches Yoga (certified in the Iyengar tradition) and T'ai Chi Chu'an (certified by Sifu Kuo Lien Ying) in Point Reyes Station, California.