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FEEL IT IN YOUR SOUL

YOGA DAN WORKS TO HEAL THE MIND, BODY AND SPIRIT

When native Detroit'er Dan Gottlieb, better known as "Yoga Dan," says he has a dream job, you can trust he knows whereof he speaks. After all, in the past he has worked as a magician, actor, model, waiter, receptionist at a yoga studio, bouncer and a doorman at a gentleman's club.

To look at him ... all six feet eight of him ... you might assume this imposing redhead, complete with shoulder-length locks, beard and mustache, is a basketball player. And he did play at West Bloomfield High School — but not until his junior year. "I wanted to play when I was younger, but I didn't have the courage," he says. "I was lanky and awkward ... the class klutz and didn't feel confident. I felt pressure about succeeding because of my height, and I was a late, late, late bloomer."

And bloom he did!

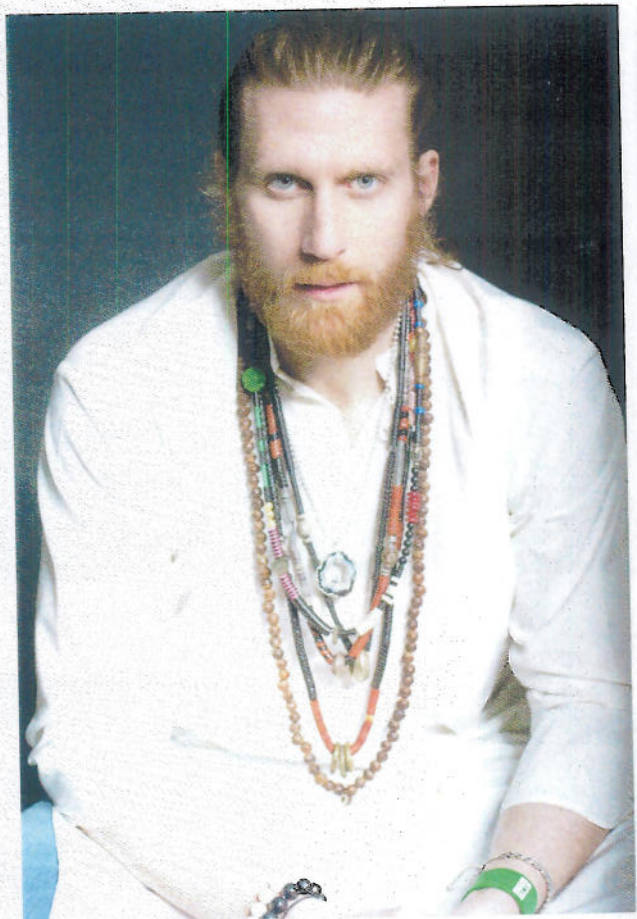
After graduating from high school in 1996, Gottlieb spent his freshman year at Arizona State University, then left to attend a couple of other colleges, including Santa Monica College in California and Grand Canyon State University in Phoenix, and ended back at ASU where he received his degree in sociology and mass communications in 2002.

While playing basketball at Grand Canyon State University in Phoenix, during a basketball scrimmage in the 2000-2001 basketball season, Gottlieb got hit from behind while in midair and ended up with serious medical issues, including sciata down both his legs from hips to heels, disc disease, and a herniated disc. He was told he could never again be as active as he once was.

"For awhile after that, I was severely addicted to painkillers and muscle relaxers," he says. "When I hit rock bottom, I started to seek alternatives to avoid surgery. I discovered yoga as well as massage techniques, Pilates, acupuncture, and Reiki and started to see results. Now, I'm stronger than I ever was," Gottlieb says. "Yoga allows you to feel your soul, and it heals."


Upon completing his first Yoga Teacher's Training in 2003, Dan's yoga hobby turned into what he calls his dream job. "I have taught yoga non-stop ... sometimes 80 to 100 classes a month," the gentle giant says.

And this late bloomer's career has also blossomed to encompass several other components, including motivational and inspirational speaker, raw foods nutritionist and chef, and Thai massage therapist. He has held workshops and staged events in Michigan, Ohio, Arizona, California, and Canada,



and he recently conducted yoga classes for a ballet troop in Macao. As we speak, he is in the midst of a three month gig at the Word Peace headquarters in Cincinnati, where he is teaching yoga and lecturing about raw foods.

Gottlieb says he returned to Michigan in 2009 because he wanted to share what he has learned with his hometown.

"I always considered Detroit my headquarters even though I left when I was seventeen," he says. He is passionate about sharing the message of healing through a vegan, vegetarian lifestyle. "I also love yoga as a creative outlet to heal the mind, body, and emotion. It's fitness for the spirit. People come to me for consultations because they're looking for change," he adds. "I give them information and tools and then it's up to them to bring that into their daily life. I'm not looking to be a guru. I'm showing them their guru is within. I sleep well knowing I'm part of the solution rather than perpetuating the pollution. That's what makes this my dream job."  — Judith Harris Soloman

NOW, I'M STRONGER THAN I EVER WAS," GOTTLIEB SAYS. "YOGA ALLOWS YOU TO FEEL YOUR SOUL AND IT HEALS."

