



The Yoga Hour Top Episodes from 2020

Here is a list of the top episodes from 2020 from our production staff. Happy listening!

The Healing Science of Yoga: What Is It and How Does It Work?

Thursday, February 13, 2020

How does yoga work? Join Yogacharya O'Brian and yoga teacher, lecturer, and author Eddie Stern as they discuss—from both a yogic and scientific perspective—how the practices of yoga can transform our brain function, our bodies, our emotions, and our experience of life.

<https://www.unityonlineradio.org/yoga-hour/healing-science-yoga-what-it-and-how-does-it-work>

Meditation and Prayer in Difficult Times

Thursday, March 26, 2020

How can we deepen our connection to God and to the world even in difficult times? Join cohost Dr. Laurel Trujillo and Rev. Charles Taylor, senior minister at the Universal Truth Center in Miami Gardens, Florida, as they discuss how prayer and meditation can help us draw on our inner peace and strength.

<https://www.unityonlineradio.org/yoga-hour/meditation-and-prayer-difficult-times>

Yoga, Compassion, and Resilience

Thursday, April 16, 2020

Yoga helps us build compassion and resilience, two important qualities for our rapidly changing times. Yogacharya O'Brian joins Dr. Laurel Trujillo to discuss yoga practices that allow us to draw deeply from our inner strengths to meet any challenge.

<https://www.unityonlineradio.org/yoga-hour/yoga-compassion-and-resilience>

Creative Imagination: A Vision of Hope for Our Troubled Times

Thursday, April 23, 2020

How can our imagination be a spiritual practice? Join Yogacharya Ellen Grace O'Brian and author and Zen priest Norman Fischer as they discuss how the development of our creative imagination is a necessity for thriving in troubled times.

<https://www.unityonlineradio.org/yoga-hour/creative-imagination-vision-hope-our-troubled-times>

Thrive: Health and Abundant Well-Being Through Yoga and Ayurveda

Thursday, May 28, 2020

We can experience well-being, vitality, and abiding happiness. Join Yogacharya O'Brian and Acharya Shunya, a world-renowned Vedic scholar and Ayurvedic teacher, as they discuss how the practices of yoga and Ayurveda can support true health and an awakened consciousness.

<https://www.unityonlineradio.org/yoga-hour/thrive-health-and-abundant-well-being-through-yoga-and-ayurveda>

One Thing That Makes All the Difference

Thursday, June 11, 2020

What is it to have faith? Can it help in times of challenge and change? Join Yogacharya O'Brian and cohost Dr. Laurel Trujillo as they discuss how faith can support us in maintaining our equilibrium and bouncing back from difficulties.

<https://www.unityonlineradio.org/yoga-hour/one-thing-makes-all-difference>

Cultivate Calm, Clarity, and Courage in Crazy Times

Thursday, July 9, 2020

How can we skillfully navigate our lives in a world that is challenging? Join Yogacharya O'Brian and Philip Goldberg, author of *Spiritual Practice for Crazy Times*, as they discuss how we can increase our resiliency, wisdom, and courage during difficult times.

<https://www.unityonlineradio.org/yoga-hour/cultivate-calm-clarity-and-courage-crazy-times>

Thrive and Master Your Life

Thursday, July 23, 2020

How can the wisdom of Yoga and Ayurveda help us to master our lives? Join Cate Stillman, author of *Master of You*, and host Dr. Laurel Trujillo as they discuss how the five elements can help us master our home, body, ambition, time, and integrity.

<https://www.unityonlineradio.org/yoga-hour/thrive-and-master-your-life>

Get Outside to Lift Your Mood

Thursday, July 30, 2020

Why does it feel so good to be in nature? What benefits does it bring? Florence Williams, author of *The Nature Fix*, joins Dr. Laurel Trujillo to discuss why nature makes us happier, healthier, and more creative.

<https://www.unityonlineradio.org/yoga-hour/get-outside-lift-your-mood>

Experience the Wholeness of Life

Thursday, August 6, 2020

How can all of our life experiences, both good and difficult, connect us with our inherent wholeness? Guest Mark Nepo joins Dr. Laurel Trujillo to discuss how life's challenges wear away the coverings of the soul and allow the light of who we are to pour forth into the world.

<https://www.unityonlineradio.org/yoga-hour/experience-wholeness-life>

Celebrating Paramahansa Yogananda

Thursday, September 3, 2020

This month is the 100th anniversary of Paramahansa Yogananda's arrival in the U.S. Join Dr. Laurel Trujillo and Philip Goldberg, author of *The Life of Yogananda*, as they discuss the life and legacy of this great spiritual teacher.

<https://www.unityonlineradio.org/yoga-hour/celebrating-paramahansa-yogananda>

Responding to Racism with the Spiritual Practices of Yoga

Thursday, October 15, 2020

How do the spiritual teachings of yoga support our response to racial injustice in ourselves and in the world around us? Rev. Kamala Itzel Hayward and Dr. Laurel Trujillo discuss how we can retain our inner peace while being a presence for justice and compassion in the world.

<https://www.unityonlineradio.org/yoga-hour/responding-racism-spiritual-practices-yoga>

Together We Can: Spiritual Communities Face Climate Change

Thursday, November 12, 2020

How can people of faith address the problems of global climate change? Join Yogacharya O'Brian and Kusumita Pedersen, Ph.D., member of the Climate Action Task Force of the Parliament of the World's Religions, as they discuss the power of faith communities in this crisis.

<https://www.unityonlineradio.org/yoga-hour/together-we-can-spiritual-communities-face-climate-change>

Embrace Wonder: Live a Happier, Healthier, and More Connected Life

Thursday, December 10, 2020

Awe-inspiring moments are all around us. Join Dr. Laurel Trujillo and her guest Jonah Paquette, Psy.D., as they discuss how we can tap into the powerful benefits of awe and bring wonder into our everyday lives.

<https://www.unityonlineradio.org/yoga-hour/embrace-wonder-live-happier-healthier-and-more-connected-life>