

Chapter 1 : Metroactive | Yogi's Boo-Boo

*Yoga for Total Fitness [Richard Hittleman] on theinнатdunvilla.com \*FREE\* shipping on qualifying offers.*

Richard Hittleman in When famed American yoga guru Richard Hittleman died in Santa Cruz in , he left his ex-wife with a million-dollar tax bill, merciless IRS agents at the door and nowhere to turn By Ami Chen Mills Wearing a turtleneck and tights, the late yoga teacher Richard Hittleman straddled the great American divide between domesticity and the Age of Aquarius--and was a hit. Hittleman, it turns out, died four years ago in his home in Santa Cruz of prostate cancer. No one lives forever, but the once internationally famous Hittleman left more than a legacy behind when he died. He left a tax-exempt nonprofit corporation in Scotts Valley that still operates in his name, and he left his ex-wife, artist Linda Hittleman, with a million-dollar tax bill, merciless IRS collection agents at the door, and nowhere to turn. Sunlight reflects warmly off the walls and the feeling is cheerful and welcoming. Linda has the look of a capable older woman, with cropped sandy hair and a no-nonsense style, who gets around just fine, thank you, in bright secondhand castoffs from the Bargain Barn. But once she starts talking, I sense that she is a woman who has always--despite her strong and smart opinions--sold herself a little short. To sell, you have to do things like piss on a portrait of Christ or something. But she was an ace girl student in the early s. Apparently, the counselor had seen only her first initial, "L. I was going to tell you to be an engineer. Be a secretary, or maybe a nurse? That was ," Linda notes. Linda graduated and duly went on to marry a plumber "a plumber in every way possible," she says , give birth to a daughter named Cindy, and get divorced. She settled with her daughter in a large communal house, nicknamed Quebec House, just below the last "o" in the "Hollywood" sign in the Hollywood Hills. Linda and Richard courted in Los Angeles and were married in Reno in Their son, Josh, was born in For a few memorable years, Linda accompanied Richard on yoga tours in the East Coast, posturing yoga positions as he lectured at workshops and seminars. They lived the carefree, experimental and popular life of a liberated couple, teaching yoga in the old tennis courts at Grand Central Station and shacking up with fellow yoga-head Mort Levitt in Greenwich Village. Then the couple bought a house in Carmel, from where Richard would direct his yoga empire. To his adoring public of the s, Richard Hittleman was a sedate hipster with great flexibility, a wise man in leotards. But at their home in Carmel, Richard turned out to be an extremely traditional father and husband. His business just happened to be the business of yoga. The door to his office was kept locked. According to friends, Hittleman was a controlling man. He would go to a restaurant with a group, and order for everyone. And he had a white-hot temper that flared when anyone second-guessed him. I liked the whole family scene, making the meals and all that. Eventually, Linda wanted out. And, she adds, "we just got disinterested in each other. The Hittlemans divorced in Richard Hittleman had become a legend, and a spiritual leader for thousands whose intentions were to follow the yogic path to enlightenment, or to weight loss, or just to decreased stress. That was how he became a religion. But those who thought they might get away with the scheme ended up--or are still in--tax court facing back taxes, penalties and interest in the hundreds of thousands of dollars. Richard Hittleman was one. After his separation from Linda, the IRS audited Hittleman for the years through , finding tens of thousands of dollars of unclaimed income due, compounded with fees and interest. On paper, Linda appeared to have a hand in most aspects of the church--she was listed on church records as treasurer and had signatory authority over accounts. But Richard was in charge. At home, Linda recalls, she was only allotted a certain number of checks for household expenses and was asked to sign papers occasionally. Linda first got nervous when Richard told her after their separation in that they were being audited. From that moment on everything he did just got him in deeper, and none of my protestations had any affect on him. The Universal Life case is currently under appeal. At one point, Richard insisted Linda accompany him to San Jose to meet with a small army of attorneys and accountants that included Stromer and two brothers by the names of John and Greg Michael Priest. Stromer later resigned from the bar amid charges that he failed to refund unearned fees by various clients--all related to the ULC, and all of whom sought help when the IRS questioned their church dealings. From the outset, Linda says now, she mistrusted them. That was the last time I complained about that. Neither was she consulted about ongoing proceedings. When

Hittleman lost his case in , he assured her he would appeal, and win. Maybe he thought he was doomed, but he would never cop to it. A few days later, he died. Toward the end, Linda says, "I felt really sorry for him. He was dying with the full knowledge that everyone would suffer, and continue to suffer, because of his actions. He wanted to provide for his family--he always hoped that [our son] Josh would finish college and he talked about the Bean Creek house going to his children. Because she had signed joint returns, the IRS shifted the entire weight of the Hittleman tax bill to Linda when Richard died, complete with penalties and interest, aggressive collection agents, threatening letters and intimidating visits. In , Linda began drawing on modest monthly payments from a trust fund established by her father. Discouraged from participating by Richard, Linda left the tax matter in his hands. But in , when it seemed that Richard might die, Linda called tax expert Phillip Storrer, a specialist in the "innocent spouse" defense. The innocent spouse defense asserts that a spouse faced with a bill from signing a joint return during marriage must be relieved of payment if she or he had no knowledge of unreported income, and no way of knowing that income was not reported to the IRS. The innocent spouse defense is expensive and difficult to pull off, but it has been used successfully by thousands of women. Within the hour, Richard Hittleman called Linda from Santa Cruz and warned her in no uncertain terms not to proceed. Storrer never sent the documents. Later that year, Richard Hittleman lost his final appeal to the ninth circuit court, the last step before the federal supreme court system, and died. Jennings then passed the case on to bankruptcy attorney Wayne Silver. Then it returned with a vengeance when a new Santa Cruz collection agent by the name of Greg Yarbrough took over. At any rate, they claim, Linda Hittleman does not have a shot at winning an innocent-spouse defense. Shutting your eyes is not a reasonable excuse to the IRS. According to Storrer, however, it was not. Yarbrough admits, however, "I am not involved in the examining process. Meanwhile, Linda Hittleman has already spent thousands on her case. What am I going to do? Currently, both Russell and Linda await decisions from the IRS about how much they owe and what they must do, or lose, to pay it or fight. The waiting is hell. Was there any money left at all? And if so, who got it? Finally, how could a man so admired for his wisdom, a man who wrote that "every action has a reaction and each thought has an effect," have left behind a mess of such proportions? Cindy recalls that, during the last year of his life, Richard promised--in the presence of YU members--that the organization would "take care of" his children after he died. Roddy is a corporate attorney who, with Mary Conley, operates what remains of Yoga Universal. But Yoga Universal, incorporated in , continues to operate as a nonprofit corporation based in South Dakota. And, according to Roddy, Yoga Universal "does not make a profit and does not have assets," beyond a budget to run the organization. There is no money. I would assume he would have left any money to his family," Roddy says. Up until his death, she claims, Richard was busy rewriting the Tibetan Book of the Dead in preparation for his own cremation. Cindy typed the manuscript and maintains Richard told her to bill Yoga Universal for her time after he died. After that, she says, she stopped asking. Roddy claims it was simply "more convenient" to maintain the townhouse as an office. He says Yoga Universal finally gave it up last year because it became "too expensive to maintain. Did Richard leave Yoga Universal any money? I just feel as bad as I can for them. According to his stepdaughter, Cindy, Richard left no will but a statement that he was dying broke. Denise Quade, spokesperson at the California State Franchise Tax Board, reports that the organization Yoga Universal was suspended by the state in March of for failing to file corporate information returns. That means, according to Quade, "they no longer exist. Legally, they have no ground to stand on. All contracts are voidable. They have no exempt status. Basically, if they operate in California, they are in violation of the law. Late one night, somebody caught him at a digging into a freshly microwaved, steamy chicken pot pie and a package of Twinkies--and washing it down with a Big Gulp. Nevertheless, his career as a guru in Santa Cruz was over. Everyone who followed Wiley Brooks was shocked. Some of his disciples even complained angrily to papers that the story was false.

Chapter 2 : Richard Hittleman's Yoga : 28 Day Exercise Plan by Richard Hittleman (, Paperback) | eBay

*Richard Hittleman's Yoga for Total Fitness [Richard Hittleman] on theinnatdunvilla.com \*FREE\* shipping on qualifying offers.*

I think Hittleman may have corresponded with Ramana by mail, but I am not sure. In a lecture not long before he died, Hittleman remarked with a smile that he had no fear of death: Spoken like a true yogi. Plus, he really understood how the 8 limbs of yoga are related and how they are all directed towards the one goal of Union. They have enriched my life beyond measure. I michael camenzuli chetcuti August 11, Within days of week one practice I knew that this would be life changing for me, as it certainly turned to be. Unfortunately, materialism and self concern made me stray from the book, but have many times returned to it with the same wonderful results. Friday 11th August Charles in Florida August 11, I was astounded to find a TV program on Yoga was being broadcast that early! What a lovely woman! These people were all ahead of their time. Perhaps she married and changed her name? One of the many forgotten pioneers, alas. I recall the peaceful way my days went when I used his yoga exercise plan in the mornings before work. Keith Williams August 16, Having had far less inspiring books, I found this one to be a revelation. Like many others, I have strayed from Yoga a number of times, but always returned to the practice. As has been mentioned, his teachings were far more informed and accessible than most before or after him. A great teacher and a good man. Steve February 7, Prior to discovering Mr. Hittleman put his education and training from Columbia University Teacher College to good use. I found this link:

**Chapter 3 : Richard Hittleman's Yoga for total fitness. (Book, ) [theinnatdunvilla.com]**

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

Check it out at [www](http://www). It is, however, tried and true. Hittleman is famous for bringing Yoga to millions of people in the 60s and 70s with one of the first ever Yoga television series. He brought Yoga to more people than any other living person at the time. He was indeed a pioneer. With four of my six children already born, and my husband in college full time, I needed something to keep me centered and fit. His televised series along with his books, recordings and lectures, helped Yoga finally be recognized in the west. He showed people it was a valuable tool for achieving a healthy body and mind. Ahead of his time Richard Hittleman began to learn about Yoga at the early age of 9. He continued to practice it throughout his schooling years. Hittleman introduced Yoga in an easy-to-follow manner. Like me at the time, many people were new to the subject. His method focused on the simplicity and practicality of Yoga regardless of age, physical condition, or cultural background. There are 27 poses asanas, with straightforward, step by step instruction on how to perform each one. He then provides three routines with selected poses which you can rotate from day to day. I find this particularly helpful and easy to follow as a practice plan. Next, he makes suggestions for applying specific routines and poses to help with particular physical problems and conditions, or to help strengthen and tone certain parts of your body. He explains how taking care of your body with proper food choices goes hand in hand with Yoga practice and is essential for maintaining good health. We eat more protein than we really need, and too few complex carbohydrates. He adds that many of the problems associated with aging can be attributed to years of excess eating, poor nutrition, and a lack of body conditioning. In the Nutrition section, Hittleman also makes recommendations on which foods to include in your diet, which to avoid, and why. He makes daily menu suggestions, discusses weight regulation and offers advice for family, social and restaurant dining. There is also a page on different types of fasting for cleansing and renewal. Part 3 provides an abundance of healthy and appetizing recipes, from sandwiches and main courses, to pastries and desserts. The recipes are free of any meats. Eggs and dairy are kept to a minimum and can be substituted with plant based alternatives. In Part 4, Hittleman eloquently discusses how we can recognize our own true nature and find inner tranquility. He also explains that the primary objective of Hatha Yoga is to quiet the mind, and that the high level of fitness and health that result from practicing are actually by-products. He elaborates on the philosophical principles of Yoga, and finally, the importance of meditation. His teachings are revered as timeless. Many of his publications can likely be found at your local library. Used copies can also be found online for literally pennies. It reverberates throughout much of Yoga as it is taught and practiced in the western world today. It most certainly was and still is a major influence on the way I practice and teach.

**Chapter 4 : Richard's Fitness & Massage**

*Richard Hittleman was an American Yoga teacher and author who taught Hatha and Raja Yoga through one of the first Yoga television series, Yoga for Health. [1] Contents.*

**Chapter 5 : How to Do Fitness Yoga (with Pictures) - wikiHow**

*Richard Hittleman's "Yoga for Health" is not a new book. It is, however, tried and true. It is, however, tried and true. First published in 1977, "Yoga for Health" has been a reliable resource not only for beginners, but for long term practitioners as well.*

**Chapter 6 : richard hittleman s yoga | Download eBook pdf, epub, tuebl, mobi**

## DOWNLOAD PDF RICHARD HITTLEMANS YOGA FOR TOTAL FITNESS.

*Richard Hittlemans's Yoga Day Exercise Plan, Richard Hittleman's Yoga for Total Fitness, Yoga for Total Fitness,*

### Chapter 7 : Richard Hittleman's YOGA FOR HEALTH TV PROGRAMS ON DVD!

*Yoga for Total Fitness by Richard Hittleman. Bantam USA. Paperback. GOOD. Spine creases, wear to binding and pages from reading. May contain limited notes, underlining or highlighting that does affect the text.*

### Chapter 8 : Richard Hittleman - Wikipedia

*Richard Hittleman, has guided millions with his Yoga books, TV programs and DVDs. He and his students guide you through 5 Meditations that help you learn to focus and give you peace of mind. Meditation is the most important activity that a person can do.*

### Chapter 9 : - Yoga for Total Fitness by Richard Hittleman

*Richard Hittleman's Yoga for Total Fitness & 28 Day Exercise Plan See more like this Richard Hittleman's Yoga 28 Day Exercise Plan by Richard Hittleman () Pre-Owned.*