**David Romanelli**

Introduction

David Romanelli’s pioneering work integrates ancient healing practices with pop culture. He played a pivotal role in the integration of yoga and meditation into mainstream American culture. David's most recent books, *Happy is the New Healthy* and *Life Lessons from the Oldest and Wisest*, are inspired not by the yogis, but also by the oldest members of our communities... in their 90’s and 100’s. He leads a series of national events called DRINKS WITH YOUR ELDERS, that create space for isolated elders to reengage with their community and share their life experiences with younger generations. Hint: the longevity secrets of the oldest lady David has met, a 111 year old...are sex, vodka, and spicy food! David's books have reached #1 on multiple Amazon and Apple Bestseller Lists and his work has been featured in *The New York Times*, *O Magazine*, *Newsweek*, and *The Wall Street Journal*. Please help me in welcoming David Romanelli.