

Keith Mitchell

A former NFL linebacker to yoga and meditation practitioner





Keith entered into the NFL as a young free agent linebacker sporting jersey #59 for various high profile teams such as the New Orleans Saints, Houston Texans, and Jacksonville Jaguars.

Keith life changed after his injury in 2003.

In his words we learn more about Keith's new journey, and Healing Powers Of Yoga. A truly an inspiration to all.

"On the field, I was a beast at making record-setting defensive tackles and quarterback sacks which brought me great recognition and helped me establish public notoriety.

At the top of my professional game, I ascended into the 2000 Pro Bowl despite my disappointment of being an undrafted All Pro Athlete from my dream college Texas A&M.

Without warning, my football career suddenly ended after suffering from a paralyzing spinal contusion which initially left me concerned about how to transition into a future of unknown possibilities that didn't seem to fit into my label of being a professional athlete.

Can you imagine approaching retirement from a career you truly love at the young age of 31?

Ironically, most people make decisions like this much later in life, however, overnight my life suddenly changed. My identity as a successful athlete, which had been nurtured over the course of decades since childhood in addition to years of sweat and hard work, was stripped away within seconds after one paralyzing hit.

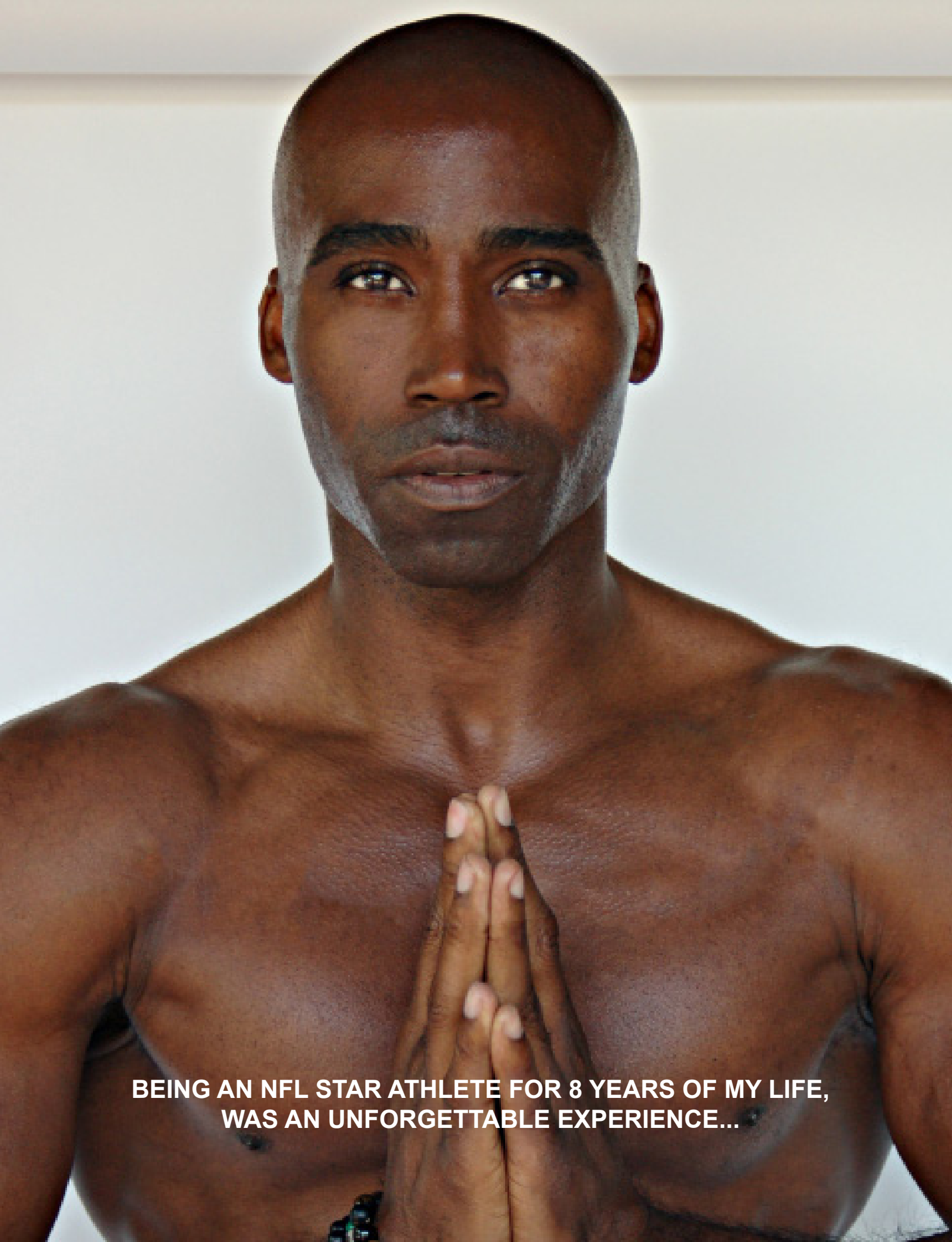
Now what would I do with my life? What would my identity be? This was the life question I had to contemplate over and over in my head until one day I opened myself up to trying something new and unconventional – **YOGA AND MEDITATION.**

Like you, I have experienced fear, pain, great setbacks, disappointments, failures, and adversities. Life's journey promises us all many unexpected surprises – both good and bad, however, regardless of all life's events, we have control on how we manage our decisions. When this happens, we don't have to remain in a state of fear, pain, anxiety, or depression.

Experiencing the trauma of being paralyzed during my football career at a young age almost felt like I had reached rock bottom. Just as I was physically paralyzed from a game injury, I discovered an even greater identity challenge to overcome, my mental paralysis which was actually rooted in fear.

Facing one of my greatest emotional fears, I believe is symbolic of experiences that many of my clients and fans experience which may be equally just as paralyzing as a physical injury and sometimes even more so. But my testimony is proof enough that fear can be defeated in order to achieve freedom and healing.

The practice of the following mindful disciplines are all critical in my transformation journey. As I adopted each of these mindful practices, I developed a new identity of authenticity which helped me find acceptance of the "treasure" within myself which had been hiding behind the sports label I had carried my whole life".



**BEING AN NFL STAR ATHLETE FOR 8 YEARS OF MY LIFE,
WAS AN UNFORGETTABLE EXPERIENCE...**



Today, Mitchell is a respected pioneer Master Certified Yoga Instructor with more than 10 years of experience. He is committed to inspiring self-empowerment transformations in the lives of millions through his movement which now reaches multi-cultural fans beyond the confines of traditional yoga studios.

Furthermore, Keith passionately teaches individuals to become liberated, first within the mind, working from the inside out in order to achieve complete fulfillment.

His coaching philosophies can be heard nationwide and internationally. Special philanthropic initiatives he supports include mental health awareness, caring for veterans, injury prevention for athletes and youth obesity prevention.

The Eden Magazine would like to Thank our dearest friend Keith Michell for sharing his life experiece with our readers.

for more information about Keith and his practice please visit

<http://www.keithmitchell59.com>