



Author of "The Art Of Allowing - The Breath in Meditation and in Life" Louis Hughes was born in Dublin in 1942. He obtained a Physics degree from University College in 1963 before joining the Dominican Order, with whom he studied in Tallaght and Rome (Licentiate in Theology from the Angelicum, 1971).



He was based at St Charles' Seminary, Nagpur in India, 1972-1978, lecturing in theology and philosophy. He also began the practice and study of yoga, integrating Indian techniques for body training, breathing and centring with Christian meditation. Since returning to Ireland he has taught body-mind spirituality. He has also researched and lectured extensively in New Religious Movements, particularly those of Indian origin.

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