



ANANDA ASHRAM
AT THE INTERNATIONAL CENTRE FOR
YOGA EDUCATION AND RESEARCH
(ICYER), PONDICHERRY, INDIA



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Ammaji, Yogacharini Meenakshi Devi Bhavanani

Yogamani Kalaimamani Yogacharini Meenakshi Devi Bhavanani is Director and Resident Acharya of the world famous International Centre for Yoga Education and Research (ICYER / Ananda Ashram) at Pondicherry. She is the Dharmapatni and senior most disciple of the internationally acclaimed Yoga master, Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj and has devoted her life to his teachings and to institutions founded by him. A trained journalist by profession, her articles, essays and features appear regularly in National and International press. She is Editor / Managing Director of SATYA PRESS, a publishing house based in Pondicherry. Her defining book on THE HISTORY OF YOGA FROM ANCIENT TO MODERN TIMES (Vol I) is a path breaking effort. It was released in 2011. It is 1000 pages and is hailed as the “Defining publication on then history of Yoga to date.”

With the blessings of her Bharatanatyam master Padmashri Adyar K. Lakshman of Kalakshetra, Chennai, and her Paramguru Smt. Rukhmani Devi Arundale she has trained many thousands of students in Yoga and Bharatanatyam in the past 42 years. She was Director of Sri Kambliswamy Yoga and Cultural Arts Youth Programme since 1975 which trained more than 20,000 rural youth in the Carnatic Arts and Yoga free of cost. She is considered a pioneer in bringing the Performing Fine Arts and Yoga to the common people in Pondicherry. She is Editor of the International Yoga journal YOGA LIFE since 1970. She has organised five major International Yoga Conferences in Pondicherry and is adviser to Department of Tourism, Government of Pondicherry for its Annual International Yoga Festival now entering its 18th year. She is a prolific author with 12 books, including two books of poetry to her credit. She is Director of Yoganjali Natyalayam, a popular City Centre for the propagation of Classical Yoga, Bharata Natyam and Carnatic Music in Pondicherry and has developed a famous Bharata Natyam troupe that appears regularly in prestigious festivals and also stages spectacular Bharata Natyam and Yoga programmes yearly all over India. The troupe is well known for its inclusion of the acrobatic Natya Karanas (poses) into its repertoire. She has also choreographed 19 Major Dance Dramas of three-hours length on various spiritual themes in the past 19 years.

Yoganjali Natyalayam is one of the Premier Classical Indian Art Academies in South India, having hundreds of graduates to its credit. At any given time, there will be at least 400 children and Young Adults on its rolls. More than 100 Adults will be undergoing Yoga training at any given time. Yoganjali Natyalayam is now developing a Yoga programme for corporates and as well, special courses for professionals,

She has been recipient of many National and State Awards. She was awarded the title "Yogamani" in 1986 by the President of India Shri Zail Singh Ji at Asian Village, New Delhi. In 1997 she was awarded the National Award, Bhaskar Award by Bharat Nirman and Indian Trade Promotion Organisation, New Delhi, one of fifty eminent Indians so honoured during the 50th year of Indian Independence for their contribution to Indian culture and spirituality. In January 1999 she was given the highest award by the Pondicherry Government for an artist, the Pudevai Kalaimamani Award for her work in Bharata Natyam. She was the second artist so honoured. In December 1999 she was named as an eminent Yoga expert to the Central Council for Research in Yoga and Naturopathy, under the Health Ministry, Government of India, New Delhi and she was named to the Finance Committee of this Council in March 2000. She was named to the Academic Council, Pondicherry University, in March 2000. She has served on several inspection teams and several committees in her capacity as a member of this Academic Council. She was awarded a Gold Medal by Government of Pondicherry for her work in Bharata Natyam on February 26, 2001. She is Advisor to the only Central Government Yoga Training Institute in India, the Morarji Desai National Institute of Yoga, New Delhi.

Smt Meenakshi Devi Bhavanani was honoured with the award of OUTSTANDING SENIOR CITIZEN by the Pondicherry Junior Chamber (Jaycees) on the 15th August 2003. The honorable Chief Secretary, Govt of Pondicherry presented the award at a glittering function on the 15th August 2003. She was awarded the Outstanding Achiever's Award 2003 by the Vinayagar Chaturthi Committee in recognition for her services in promoting Yoga and Indian Cultural Arts in Pondicherry. She was awarded the Bangalore Sundaram Gold Medal for her “Noble Contribution,

Distinguished Service and Outstanding Merits in Yoga” by Asana Andiappan College of Yoga and Research Centre, Chennai, at Anna University, Chennai, December 7th, 2003.

She is recognized as a leading intellectual expert in the deeper aspects of Yoga and in recognition of this aspect of her work, she was elected as Fellow of Indian Academy of Yoga, Banaras Hindu University, Varanasi in 2003. She has been awarded the PUDUVAI SHAKTI AWARD from the WOMEN TASK FORCE Y2K in 2006 in recognition of her yeomen service for the cause of Yoga and Indian cultural fine arts in Pondicherry. She was awarded the title PALKALAI POOMPOZHIL by Pulavar I. Pattabhiraman, the Director of Valluvar Villisai Group in 2006. She has also received the PATANJALI AWARD from the Lion’s Club and is member of Expert panel of the Task Force for Traditional Knowledge Digital Library (TKDL) for Dept of AYUSH, Ministry of Health. Govt of India, New Delhi. She is Advisor, Gitananda Yoga Associations of Italy, Spain, USA, Germany, UK, Czech Republic, South Africa and Australia.

Meenakshi Devi Bhavanani is considered one of the major International and National leaders of the modern Yoga movement. She is regularly called to New Delhi and elsewhere to offer her advice in Seminars, Conferences and Official Government meetings. Though born in the USA in 1943, she came to India in 1967 and has lived here ever since. She was awarded Indian Citizenship on November 30th, 1992, in her own words “the proudest day of my life.”

Yogacharya Dr. Ananda Balayogi Bhavanani

Yogacharya Dr. Ananda Balayogi Bhavanani was born to the world famous Yoga team of Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj and Pudukalaimamani, Yogamani, Yogacharini, Smt. Meenakshi Devi Bhavanani on April 16, 1972, at Pondicherry, South India. He was reared in the 'Gurukula' atmosphere of Ananda Ashram, first at Lawspet and then at Sri Kambaliswamy Madam in Thattanchavady, Pondicherry where the Yoga Vidya (Knowledge of the Art and Science of Yoga) was imbibed as a 24 hour a day Sadhana and not just a few classes now and then. Nominated as his Guru Father's successor on his fourth birthday itself as Madathiapathy of Sri Kambaliswamy Madam (an ancient Samadhi site), Ananda took great interest in the Hindu Rites and Rituals, Mantra, Yoga and the Carnatic Fine Arts from a young and tender age. He has been trained in Rishiculture Ashtanga (Gitananda) Yoga from that tender age. He has assisted his parents in the Yoga training imparted at Ananda Ashram, Sri Kambaliswamy Madam and ICYER from that time onwards. He began his studies of classical Carnatic Vocal Music at the age of four years under Pudukalaimamani Shri V Manikannan performing Vocal Music Arangetram at the age of 12 years at Marie Hall, Podicherry on August 11, 1984. At the age of seven years he began arduous training in Carnatic Music under the tutorage of Kalaimamani Srirangam R. Ranganathan of Pondicherry, one of the most famous Carnatic Vocalists of South India. He continued his training for twenty years until his Guru's death in 2002. He has studied Mridungam since the age of five, beginning with world-famous Master Shri K M Vaidhyanathan in 1977. Later, Thiruvarur Shri R. Krishnamurthy, one of the most respected classical Mridungists of modern times, accepted him as a disciple. He completed his Mridungam Arangetram in 1987. He began the study of Bharata Natyam under his mother Pudukalaimamani Smt Meenakshi Devi Bhavanani in the Kalakshetra tradition of Rukmani Arundale when he was five years of age. At the age of eight, world-famous Bharata Natyam master Padmasri Adyar K. Lakshmanan of Chennai accepted him as a disciple and he performed many performances under the guidance of Lakshman Sir. For the past decade he has shared a special Manasika Guru-Sishya relationship with Padma Bhushan Sri TV Sankaranarayanan, one of India's greatest vocalists. He treasures all these blessed relations with his illustrious Gurus that the Divine has bestowed upon him in his artistic evolution.

He has written a book on Yoga For Children at the age of 12 years itself and has written and edited 20 other books including 'Yoga And Modern Man' that takes a look at various Yogic concepts with humorous cartoons and line drawings and “A Yogic Approach To Stress” that deals with the Yogic explanations and management of stress. The 2nd edition of the Stress Book was released recently. His

“A Primer of Yoga Theory” that has also been published in Tamil as “Yoga Vina Vidai Thoguppu” has become a standard textbook for Yoga Sport events and is also prescribed in many academic Yoga courses. It is now in its 3rd edition. “Yoga: 1 to 10” explains numerous concepts of Yoga and Indian Culture through a numerical codification using the numbers 1 to 10. It has been translated and published in Italian in 2009. He coauthored a Tamil book on Basic Hatha Yoga Lessons of Gitananda Yoga as well as Yoga for Weight Loss. In the past few years he has authored, “Yoga for Health and Healing”, “Yoga for Weight Reduction”, Chakras, Hatha Yoga of the Gitananda Tradition, Meditation the inner Yoga, Yoga and Wellness, Suryanamaskar and Understanding the Yoga Darshan (an exploration of the Yoga Sutra of Maharishi Patanjali). He has also edited and revised the new editions of Dr Swami Gitananda Giri’s Correction of Breathing Disorders through Rishiculture Ashtanga Yoga and also Pujya Swamiji’s books on Mudras, Surya Namaskar and Pranayama in the Gitananda Tradition. He has had 100 scientific and Yoga papers and 47 scientific abstracts on Yoga and Yoga research published along with 14 notes compilations on Yogic education and therapy. He has also scripted and presented 19 DVDs on Yoga that are being marketed for a worldwide audience in different languages by the famous Super Audio Company in Chennai.

He undertook the Diploma and Advanced Diploma courses in Yoga at ICYER under the guidance of his Guru-father Yogamaharishi Dr. Swami Gitananda Giri in 1991 and following this joined medical college in order to combine the best of eastern wisdom with the best of modern medical science. During his Medical Studies at J.N.M.C Wardha (Nagpur University), he was the top student in a class of hundred. He secured Distinction in Surgery and a Gold Medal in Community Medicine in his final year, topping about 500 students from the five Medical Colleges affiliated to Nagpur University. He was also the Student Representative at Medical College. Later he completed his internship at JIPMER Hospital, Pondicherry, India. He has completed with distinction a two-year, Post Graduate Diploma in Family Health (PGDFH) from Sri Ramachandra Medical College (Deemed University), Chennai (2003). He has also completed a Diploma in Psychological Counseling as well as a Diploma in Stress Management from the Institute for Health Care Administration, Chennai in 2001 and a Certificate in Pediatrics from IMA Sinha Institute, New Delhi.

He was a performer of Bharata Natyam and has performed all over India and notably at the ABHAI National Dance Festival in 1992. Following his father's Maha Samadhi on Dec. 29-1993 he has stopped his dance performances and instead, focused his attention on Dance Choreography, especially in the rhythmic aspect for Yoganjali Natyalayam. He has helped to choreograph 11 Major Dance Dramas and 12 Mini Dance Dramas for Yoganjali Natyalayam in the last eight years. In the last few years he has CO-DIRECTED the “Ramavathara” (2003), “Pancha Maha Bhuta” (2004), “Jayadeva’s Dasavathara” (2005) , “Navagraha Vazhipaadu: A homage to the Navagrahas” (2006), “Karna Charitram” (2007), “Namashivaya Vazhga”- The story of Thiru Gnana Sambandar (2008), Panchali Sabadam (2009) , Muruga Muruga (2010), Shakuntala (2011)and Thamizh Moothatti Avvai (2012). He has also recently composed the music as well as choreographed two complete Bharatanatyam Margams (the classical performing repertoire) with more than three dozen compositions that could be called “Ananda Nartana Margam”. As a Carnatic Vocalist and instrumentalist he has released many albums of which "The Yoga of Sound" has the unique blend of English lyrics with Carnatic Raga and Tala in an attempt, to bridge the gap between East and the West. The second Album 'Tamil Inbam' is a collection of Tamil Compositions in Carnatic Music. He is a regular performer at programmes in and around Pondy and has performed at the International Yoga Festival, Government Music Festival, Millennium Sunrise Festival, Thiagaraja Festival, Pudukkottai Tamil Isai Sangam and Eswaran Koil Kumbabishekam amongst many others in Pondicherry. He is well known for his spontaneous imagination in the concerts and for his explanations on the Yogic aspects of Carnatic Music. He has performed innumerable vocal and instrumental recitals all over India including in Bombay, Dehra Dun, Chennai, Cochin, Lonavla (Pune), Chidambaram, Bangalore and Pondicherry. It is notable that he has performed five times in the Isai Vizha (Music Festival) conducted by the Govt of Pondicherry in 1998, 2000, 2003, 2008 and 2012. He has also performed in Italy, Switzerland, Germany, UK, South Africa, USA, Australia and New Zealand in recent times.

He has been a featured speaker at many Yoga conferences and is a regular featured speaker at the International Yoga Festival conducted by the Government of Pondicherry each year in January since

1993. He has also been the Co-ordinator and Jury at the International Yogasana Competition held at the International Yoga Festival – Pondicherry annually and is responsible for organizing the more than 800 contestants who come from all over India to participate. He has also organised Himalaya Yoga Olympiad in Pondicherry (2001) in his capacity as Himalaya State Coordinator and led the Pandy team to the National Himalaya Yoga Olympiad at Bangalore in November 2001. He is responsible for reviving the Pondicherry Yogasana Association (2000) founded by Yogamaharishi Dr Swami Gitananda Giri in 1975. He is currently the General Secretary of the Pondicherry Yogasana Association and a member of the Executive Committee of Indian Yoga Federation, Kolkata. The PYA has been active in conducting Yoga Sport events such as 27 Pondicherry State Level Yoga Sport Championships and 12 Swami Gitananda Best Youth and Child Award Competitions. It is notable that two of his students trained at YOGNAT have won the CHAMPIONSHIP awards in the Pondicherry Government sponsored International Yoga Festival in 1999 (M NIRAIMATHI) and 2011 (AS ANIRUDH).

He is a life member of the INDIAN MEDICAL ASSOCIATION; AbHai (Association of Bharata Natyam Artists of India); Chennai, IAYT (International Association of Yoga Therapists, based in U.S.A); APPI (Association of Physiologists and Pharmacologists of India), Indian Academy of Yoga, BHU, Varanasi and the PONDICHERRY PSYCHOLOGY ASSOCIATION. He is Honorary International Advisor to the International Association of Yoga Therapists (IAYT) in the USA, the Australian Association of Yoga Therapists and on Editorial Board for Yoga Mimansa journal of Kaivalyadhama, Lonavla, India. He is the Hon Chairman of the Sanathana Dharma Sangha, the Hindu Movement in Italy and Europe as well as more than one hundred Rishiculture Ashtanga (Gitananda) Yoga centres all over the world. He is also Patron of the Gitananda Yoga Associations of Australia, Spain, Germany, United Kingdom, North America and Italy.

He has traveled abroad 13 TIMES and given workshops, classes, lectures, performances and talks in USA (San Francisco), UK (Cornwall and Wales), Italy (Rome, Milan, Merano, Livorno, Genova and Savona), Switzerland (Locarno), Germany (Berlin), Australia (Sydney, Brisbane, Melbourne, Gold Coast and Victoria), New Zealand (Paraparaumu), South Africa (Cape Town). He was a featured Guest at the MILAN YOGA FESTIVAL 2007 and 2008 and Merano Yoga Festival 2012 where he gave successful workshops and performed concerts of South Indian Music for an appreciative audience. He was a featured guest presenter at the International Yoga therapy conference in San Rafael, USA where he lectured and taught in October 2008. He has given invited talks at the Tagore centre of the Indian Embassy in Berlin in 2007 and 2008. He was invited guest of the National Institute of Integrative Medicine, Melbourne in April 2009. He has taught and performed at the GITANANDA ASHRAM in Italy on all his visits to the “MINI INDIA” created near Savona by Svami Yogananda Giri. He was invited to be MAJOR PRESENTER at the “REUNION IN YOGA”-IYTA WORLD YOGA CONVENTION held at Sydney, Australia from 16 to 19 September 2010. Nearly 200 delegates attended the WORLD CONVENTION that was held after a gap of 13 years. It is to be noted that previous such invitees have been Swami Satyananada Saraswathi, Swami Gitananda Giri, Swami Satchitananda, BKS Iyengar, Andre Van Lysbeth, Liliias Folan, Howard Kent, Mansukh Patel and Swami Maheshwarananda. He has conducted successful Yoga workshops for IYTA in Sydney in 2008 and 2012.

Dr. Ananda is a Senior Lecturer in Mantra, Yantra, Yoga History and Philosophy and Yoga Physiology and Anatomy for the fully residential Yoga Teachers Training Courses at the International Centre for Yoga Education and Research (ICYER) in Kottakuppam, Tamil Nadu. These full time residential courses, the Six Month International Yoga Teachers Training Course and the One Year Yoga Teachers Diploma Courses are well established and presented to an international professional standard. These courses have been held annually since 1968 and students from all over the world attend these Yoga Teachers Training courses. Dr. Ananda is the Chairman of the International Centre for Yoga Education and Research (ICYER) in Kottakuppam, Tamil Nadu, an internationally acclaimed Yoga Institute established as “Ananda Ashram” in 1968. He is Chairman of Yoganjali Natyalayam, a world famous Institute of Yoga, Bharata Natyam, and Carnatic Music established in Pondicherry in 1993. He is also Director of studies for both these Institutes

He worked for four years from 2000 to 2004 as a SENIOR RESEARCH FELLOW in the Yoga Research Project conducted by the Department of Physiology, JIPMER under the auspices of the Union Ministry of Health and Family Welfare as well as Ministry of Defense, Govt. of India, New Delhi. He is involved in various research studies at JIPMER and has published numerous scientific papers on these findings. He worked as MEDICAL OFFICER in the Village Health Programme and the Child to Child Health Education Programme run by the AUROVILLE HEALTH CENTRE in the International Township of Auroville, Tamil Nadu from 1999 to 2000 and 2004 to 2008. He is at present PROGRAMME COORDINATOR in the Advanced Centre for Yoga Therapy, Education and Research (ACYTER), JIPMER, Puducherry from March 2009 onwards. Many research studies have been completed and scientific papers published from this centre established by a MOU between JIPMER and MDNIY in June 2008. The centre is focusing on the role of yoga in the prevention and management of cardiovascular disorders and diabetes mellitus and 30,000 patients have benefited from Yoga therapy consultations and practical sessions till date. The centre also aims to popularize the science of yoga among medical professionals and general public and has conducted three national workshops on yoga in medical education, Yoga and hypertension, Yoga and diabetes as well as workshops on Yoga and HIV etc with excellent response from all over the country. He is also Honorary Advisor for the Centre for Yoga Therapy, Education and Research (CYTER) functioning for the past few years at the Mahatma Gandhi Medical College and Research Institute, Pondicherry under auspices of Sri Balaji Vidyapeeth. He is extremely proud of his illustrious and dear student Yoga Chemmal Smt Meena Ramanathan who is working as Coordinator and Yoga Therapy Consultant for this centre that is serving thousands of patients, medical professionals and paramedical professionals through Yoga. He is happily married to Yogacharini Devasena Bhavanani who has a Masters degree in Sanskrit in addition to being an eminent Yoga Expert, Carnatic Vocalist and Bharatanatyam Dancer, teacher and choreographer. They have a talented daughter Dhivya Priya Bhavanani and son Anandraj Bhavanani.

Yogacharini Devasena Bhavanani

Smt Devasena Bhavanani is a qualified Bharata Natyam Artist, Nattuvanar, Carnatic vocalist, and Yoga Exponent. She has a Bachelor of Performing Arts (B.P.A) from Bharathiyar Palkalai Koodam (1995) Pondicherry as well as a Diploma in Yoga, Bharata Natyam and Carnatic Music from Yoganjali Natyalayam (1999). She performed her Bharata Natyam Arangetram in 1994. She obtained a Masters Degree in Sanskrit (M.A) from Pondicherry Central University (1997) and Advanced Diploma in Yoga (ADY) from ICYER (March 2000). She has completed PG Diploma in Yoga from Annamalai University in 2005. She has been fortunate to study the essence of Rishiculture Ashtanga (Gitananda) Yoga directly under the guidance of Yogamaharishi Dr Swami Gitananda Giri Guru Maharaj and Kalaimamani Yogacharini Smt. Meenakshi Devi Bhavanani since her childhood. She started attending Yoga and Bharata Natyam classes at Ananda Ashram in Sri Kambliswamy Madam in the year 1984 and has continued ever since. She has been performing Bharata Natyam programmes since 1985 under the guidance of her Guru Kalaimamani Yogacharini Smt. Meenakshi Devi Bhavanani. She also has the good fortune to be a student of world famous Padmasri Adyar K Lakshman of Chennai since the last 20 years. She has received the Central Govt. Young Artist Scholarship for Bharata Natyam and took 2 years of advanced training with Kalaimamani Smt. Jayashree Narayanan, former Principal, BPK. She is a popular Carnatic vocalist and Nattuvanar and conducts many dances performances in and around Pondicherry on a regular basis. She also gives concerts during Thiyagaraja Festival etc. She trained for 15 years under Kalaimamani, Guru Sri Rengam Sri R. Ranganathan after receiving initial training under Kalaimamani Pudevai V Manikannan.

In her career of nearly 30 years, she has performed more than five hundred Bharata Natyam recitals in many places including UK, Italy, Switzerland, Australia and Germany as well as all over India

(Shimla, Bangalore, Kodaikanal, Chennai, Yanam, Karaikal and Chidambaram). She has also performed the leading roles in several Dance Dramas of Yoganjali Natyalayam including: Kannappa Nayanar, Karaikal Ammaiyar, Nandanar Charitram, Kamba Ramayanam, Meenakshi Thiru Kalyanam, Nala-Damayanthi, Andal Charitram, Silappadikaaram and Karna Charitram. She has performed at 10th Anniversary celebrations of ABHAI (Association of Bharata Natyam Artists of India) and for ABHAI Dance Festival in 1992 at Bharathiya Vidya Bhavan and Naradha Gana Sabha, Chennai (2002) under auspices of Arkaya Foundation. She has also been part of the Yoganjali Natyalayam Bharata Natyam Troupe during performances every year in the International Yoga Festival since 1993, as well as performing for Food Festivals, DRDA Festival, Chidambaram Natyanjali Celebrations, Navarathri celebrations, Vinayaka Chathurthi Festivals (since 1991), Fete De Pondicherry and Natya Vizhas, and many other programmes too numerous to mention. She has led Yoganjali Natyalayam in performances organised by the Department of Art and Culture, South Zone Cultural Centre, Kamban Kazhagam, Sekkizhar Mandram, Panniru Thirumurai Manadu, Brahmakumaris organization, Pondicherry Music and Dance Artists Association etc.

At present she heads the Dance Department at Yoganjali Natyalayam as well as Music, Dance and Sanskrit Department at the International Centre for Yoga Education and Research (ICYER). She has conducted Bharata Natyam Arangetrams for a dozen students and it is note worthy that two of her students Niraimathy and Ramya were selected for the Central Human Resource Ministry's National Best Child Awards from New Delhi in 2001 and 2002 respectively. Many of her students have won State Best Child award from Government of Pondicherry and bagged many other coveted prizes. She is an expert in the traditional Natya Karanas, the acrobatic Yoga Asana-based stances of Bharata Natyam, which she performs with ease, having achieved a high degree of mastery in Yoga Asanas. She has given hundreds of Yoga Asana demonstrations and classes all over India and in UK, Italy, Germany, Switzerland and Australia. She has won many prizes in Yoga Asana Competitions at State, National and International levels. She has more than 20 years of teaching experience in Yoga, having worked as a Yoga instructor at Yoganjali Natyalayam since 1993 and in that same capacity at ICYER since 1997. She has taught Yoga, Music, and Indian Classical Dance to thousands of students from all over the world. She was fortunate to come into direct contact with the world-famous Yoga Guru and codifier of the Rishiculture Ashtanga Yoga system, Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj, the Madathipathy at Sri Kambliswami Madam, Thattanchavady, Pondicherry, at a young age and be accepted by him as his disciple, when she was only twelve years old. Thus, her association with classical spiritual and practical Yoga teachings in the Rishi Culture Ashtanga (Gitananda) Yoga Tradition is not only a profession, but a life-long, commitment.

She is happily married to Yogacharya Dr Ananda Balayogi Bhavanani who is a Yogacharya and Medical Doctor and they have a beautiful and talented daughter, Dhivya Priya Bhavanani and wonderful son, Anandraj Bhavanani. She and Dr Ananda are a dynamic Yoga and Bharatanatyam team who have composed and choreographed more than 50 Bharatanatyam compositions as four "Ananda Nartana Margams" and assisted in direction of more than a dozen dance dramas of Yoganjali Natyalayam in the past decade under guidance of their beloved Guru Ammaji, Yogacharini Smt Meenakshi Devi Bhavanani. They have traveled together on five international tours to Italy, Germany, Switzerland and Australia in the past years. She was honoured with "Yoga Chemmal" award by Pondicherry Yogasana Association as well as ISAI YOGA NATYA NATTUVANGA KALAICHUDAR Award from Kalaimamani Pulavar I Pattabhiraman, Director Valluvar Villisai Kuzhu. She is General Secretary of Yoganjali Natyalayam and Member of the Jury Board of Pondicherry Yogasana Association. She is listed in the ABHAI directory and on numerous dance and Yoga websites internationally.

Yogacharini Dr Nalini Munoz Weier

Date of Birth: 1955

Nationality: Spanish

A true citizen of the world, Nalini was born in Germany and began her formal training in yoga almost 23 years ago when she first arrived at the International Centre of Yoga Education and Research (ICYER), in Pondicherry, India. Following this intensive 6 month training, she returned to her hometown of Barcelona, Spain, to complete her studies in surgery and medicine at the University of Barcelona. Between 1995 and 2000, she worked as an Assistant Research Physician in Hospital Clinico and completed her PhD.

She returned to ICYER in Pondicherry, in 2000, where she spent the next nine years studying Yoga Therapy and working as a Medical Officer, Senior Consultant, Professor (Senior Yogacharini) and Executive Assistant at ICYER. During this time she also led the organization of the “Annual European Sadhana Meet of Rishi Culture Ashtanga (Gitananda) Yoga Teachers” and participated in the “Annual International Yoga Festival”, organized by the Government of Pondicherry as an Invited Speaker, Chairperson and Judge. Between 2005 and 2010, she also worked as a professor at ICYER for the “Study India Program” of Pondicherry University, an exchange program for university students arriving from the United States, She continued to teach the annual Yoga Chikitsa Course for Senior Students at ICYER until 2011.

Nalini has published extensively on the topic of medicine and yoga, and has collaborated on numerous yoga DVDs produced by ICYER. She has also published a book entitled *Yoga Chikitsa: the delight of Yoga*.

Yogacharini Cathy Davis

Cathy Davis started her medical studies in nursing in 1970. She became a registered nurse in 1974, and worked as both a nurse and a midwife in the late 70's in Bristol. She has over 40 years of experience in that field, where she has worked with a variety of patients. She completed her Advanced Diploma in Midwifery in 1996, and was Elected Council (Board) member of The Royal College of Midwives, UK National Organization (Professional Body and Trade Union) in 1998.

In 1999, she completed her B. Sc. Hons. Midwifery (St Austell Cornwall), and was, a few years after, re-elected to the Royal College of Midwives Council. In 2006, she was elected as an Honorary Treasurer to The Royal College of Midwives, a position she fulfilled until 2010.

Cathy Davis has, in parallel to her professional practice, devoted much of her life to the study, practice and teaching of Richiculture Ashtanga Yoga, as expounded by Yogamaharishi Dr Swami Gitananda Giri. She was introduced to Gitananda Yoga by Yogacharini Nandini Devi, and started giving Yoga classes to patients and staff at the Health Centre where she worked in the late 1970's. After giving birth to her first daughter, she participated in the 6 month Teachers Training Course at ICYER (1980-1981) with her husband and child. She and her family then travelled to South India and Sri Lanka, thus deepening her understanding of Yogic concepts through these cultural experiences. She was awarded the title Yogacharini.

Proud mother of three girls, Cathy has been, since 2000, returning to ICYER practically every year. She is now a semi-retired midwife. During the last two years, as a senior student, she has taken on the role of Assistant Teacher at ICYER.

Yogacharini Jnanasundari (Janita Stenhouse)

Date of birth: 20th May 1947

Nationality: British

Childhood experiences of *sahaja samadhi* in rural New Zealand led Janita in her teenage years to a study of Indian philosophy. At age 20 she started practising *hatha yoga* while studying Art & Design at Liverpool (UK).

She lived for 3 years in Varanasi where she studied Hindi and Indian classical music. Back in UK she studied *hatha yoga* with Lakshmi Waters, who encouraged her to study with Dr. Swami Gitananda Giri, and to become a teacher. Janita has also studied with Sri Mahesh and senior students of several renowned teachers such as BKS Iyengar and TKV Desikachar, as well as Yoga therapy with Dr. Robin Munro (Yoga Biomedical Trust), particularly Yoga for Lower Back Pain.

She is the author of 3 books (Sun Yoga: the Book of *sûrya namaskâr*; Morning Yoga Evening Yoga; the Polair Illustrated Yoga Dictionary), many articles on Yoga and two cartoon series (the Metamorphosis of *âsana* to *samâdhi*; the World According to Yogi Beher) which have been published in Yoga magazines in the UK, France and Australia. She is a mother and grandmother, and now lives in central France where, with over 45 years of Yoga practice and more than a quarter century of teaching Yoga, she teaches locally, nationally and internationally. She has spent several periods at ICYER as a student, as well as in her present role of teacher and has been awarded the Yoga Chemmal Award in 2011.

Yogacharini Sangeeta Laura Biagi

Reverend Yogacharini Sangeeta Laura Biagi, Ph.D., researches, practices and teaches sound studies, world music, dance, art, astrology and yoga, and the effects of their relationship for global and natural health and happiness. Born in Siena, Italy, she earned a Master and Ph.D. at New York University, in the Department of Performance Studies, under the guidance of Professor Richard Schechner, with a dissertation on the healing power of music and dance in the Southern Italian ritual of Tarantismo.

She studied under the mentoring of artists and scholars such as Meredith Monk, Pauline Oliveros, Ione, Augusto Boal, Denise Stoklos, The Living Theatre, Mestre Joao Grande, Robert Osborne, Luigi Chiriatti and Giovanna Marini.

While in New York she performed her own and other's music in venues such as Judson Church, La Mama Theatre, New York University, The Gallery at Deep Listening Space (Deep Listening Institute), and CBGB's.

She served as a Visiting Professor in Italian Folklore and Music at New York University (2007-2008) and Vassar College (2008-2009).

In 2007, Sangeeta became a certified tour guide for the city of Florence and has, since, led spiritual journeys and pilgrimages through Italy.

In 2009, she traveled to India where she lived at the International Center for Yoga Education and Research (Ananda Ashram, India), earning an Eighteen-Months Residential Senior Yoga Teachers Diploma in Rishiculture Ashtanga Yoga, in the Paramparai of Yogamaharishi Dr. Swami Gitananda Giri and under the guidance of Yogacharini Smt Meenakshi Devi Bhavanani and Yogacharya Dr. Ananda Balayogi Bhavanani. She earned the title of Yogacharini, "she who lives yoga."

She has taught music and yoga at ICYER and Yoganjali Natyalayam in Pondicherry, India; at the Morarji Desai National Institute of Yoga in New Delhi, India; at the Associazione Culturale Artè, Centro di Ashtanga e Rishi Yoga in Milan, Italy; at the Gitananda Yoga Association in Berlin, Germany; and at Vassar College in New York.

In the fall of 2011, Sangeeta joined the faculty at Vassar College as a Visiting Professor in the Department of Italian where taught language courses and a spring seminar on the relationship between the arts and spirituality in Italy.

In the fall of 2012 Sangeeta received a grant from the Carolyn Fae Grant Endowment to teach and research yoga and sound healing at Vassar College, in New York.

Sangeeta is a Minister of the Ministry of Maat, an interfaith minister that supports and promotes women's art and creativity.

She is in the process of writing a book and composing an album on sound, silence, the art of listening and well-being.

Yogacharini Shalini Lenka Nebesařová

Date of Birth: 7th June 1986

Languages: fluent in Czech, Slovak and English.

Shalini was born in the Czech Republic. She completed her degree at the Business Academy, Olomouc, in 2005. She then continued her studies in Political Science for three years at the University Hradec Králové.

In 2008, she travelled to India to follow the Six Months Yoga Teacher Training Course, at the International Centre for Yoga Education and Research. She returned the next year to complete her Advanced Yoga Teacher Diploma. In 2011, Shalini had successfully completed her Advanced Three Years Intensive Course of Training in the Rishiculture Asthanga Yoga Paramparai, as expounded by Yogamaharishi Dr. Swami Gitananda Giri.

During her studies, she received the title of Yogacharini, one who teaches through yogic example. In recognition of her achievements, her dedication and contribution to the field of Yoga, as well as the propagation of its ideals amongst all sections of the Global Society, Shalini was honored with the title award of Yoga Chemmal in 2010.

Yogacharya Michael Deslippe

Yogacharya Michael Deslippe is a senior teacher in the Rishiculture Ashtanga Yoga lineage of Dr. Swami Gitananda Giri Gurumaharaj, of Pondicherry India. He is the Founder and Director of International Yogalayam, an online school of yoga, and Managing Editor of The Yoga News, a web-based monthly yoga magazine. He is also a registered massage therapist. His numerous diplomas include: 6-month Yoga Teacher's Training, ICYER (India); Thai Massage, Kathmandu Center of Healing (Nepal); Massage Therapy, Canadian College of Massage and Hydrotherapy; Undergraduate Studies, Dept. of Commerce, University of Windsor(Canada); Undergraduate Studies, Dept. of Phys Ed, University of Western Ontario (Canada).

Michael's passion for yoga began early in life. Born in Canada, he travelled extensively as a young man, exploring various cultural and spiritual traditions around the world. By the age of twenty-seven, he had already journeyed to over 50 countries, eventually finding a familiar and strong connection to the spiritual culture of India.

He spent several years studying different yogic traditions. This included studying the esoteric teachings of Tantra Yoga studies in Rishikesh, practising Mysore Ashtanga Yoga in Mysore city, and also learning from senior teachers in the Iyengar Yoga line, in Bangalore. He has also studied the principles and practices of Ayurveda in Kerela, and Sanskrit through the Samskrita Bharati in Bangalore. He eventually found his guru, Swami Gitananda Giri, Gurumaharaj in South India, and remains a dedicated student of Swamiji's wife, Yogacharini Meenakshi Devi Bhavanani, and their son Yogacharya Dr. Ananda Balayogi Bhavanani. In 2011-2012, he was a visiting faculty at Ananda Ashram.

Yogacharya Michael is also a prolific writer and has published dozens of articles on the various concepts and principles of yoga. He is the author of The Yoga Master's Course, one of the most extensive yoga distance education program available today, along with other yoga training program offered through International Yogalayam. He still spends most of his time in India and Southeast Asia, where he continues to study Yoga, Sanskrit and Indian culture, consult, write, and practice yoga.

He was awarded the title of Yoga Chemmal (2012) by the Pondicherry Yoga Association in recognition for achievements, dedication and contributions to the field of yoga. He also received an Academic Merit (1994) for outstanding academic achievement from the Canadian College of Massage Therapy.

Yogacharya Muralidharan Giri

Muralidharan attended his first Yoga class at the age of 18. He professionally trained as a technician/electrician in the early 70's. His interest in the phenomenon of Prana as a cosmic energy led him to enroll at IYTA of Australia where he obtained his certification as a yoga teacher in 1991.

His continued interest in the subject of Prana guided him to Dr Swami Gitananda at ICYER, in India. Upon returning to Sydney Australia, he completed the correspondence course, and, in 1995, obtained ICYER's teachers training course certification.

He is the Chairman of the Gitananda Yoga Association of Australia and has organized three successful tours for Dr Ananda in Australia and New Zealand and accompanied him on his tour of South Africa. He has coordinated Intensive Yantra courses at ICYER by Swami Anandakapila Saraswathi (Dr Jonn Mumford) for many years and continues to assist Dr Ananda every year in conducting the Yantra course as a Senior Faculty member (Yogacharya) of ICYER. At the Gitananda Yoga Centre (North Ryde), he has taught over 1600 yoga classes since 1996.

Yogacharini Kalavathi Devi

Kalavathi Devi is a self employed yoga teacher. She started her studies in 1989 at Hastings College Arts & Design in 1989. She continued her studies in art with ceramic sculpture at the Ken Institute in 1991. By 1999, she received her BA Hons in Religious Studies, Philosophy and Astronomy.

In 2000, she travelled to India to complete the 6 month Yoga Teachers Training Certificate at ICYER where she received the title of Yogacharini. Upon returning to the UK, she started teaching yoga classes and courses, coordinating yoga retreats and guest teachers in the UK, as well as abroad. She also continues to run the yearly Step-by-Step yoga course, and handles all aspects of Yoga Whales as director.

In 2002, she completed her Post Graduate Certificate in Education at Pontypridd College.

She returns to ICYER every 1 to 2 years in order to update and add to her skills. Kalavathi has also followed courses in Pregnancy Yoga, Baby Yoga, and Kids Yoga with the Yoga Biomedical Trust and Yoga Kids.

Yogacharya Sri Kant (Cédric) Georges

Date of Birth : 22nd of June 1977

Nationalities: Canadian, French and Australian

Languages: fluent in French and English, basic level in Spanish and Indonesian

Yogacharya Sri Kant is a mathematics high school teacher. He also teaches Computer Science, French, Accounting, Science, and Yoga. He is passionate about his student's development, pushing them towards academic success, as well as encouraging them to develop into well rounded human beings.

Born in Dakar, Senegal, Sri Kant moved to Montreal, Canada, at a young age. He started daily practices of Yoga, with an emphasis on Pranayama, under the tutelage of his father, André Martial Georges, at the age of 12. His father had been, in the late 60's one of Dr Swamiji Gitananda Giri Maharaj's first students in Pondicherry. He started his B.Ed. in Education of Mathematics at the University of Montreal in 1995, and interrupted his studies two years later to follow the International

Teachers Training course at ICYER, as had done his father more than three decades prior to him. Upon his return to Montreal, he completed his studies at the University of Quebec in Montreal, and got his *Brevet d'Enseignement* in 2002. He has a decade of experience teaching in Montreal and Ottawa, where he now resides. In parallel, he has and continues to teach Gitananda Yoga to high school students and adults.

Sri Kant has been woodworking from the age of 15, and had enrolled in Design, at the University of Quebec in Montreal. This highly sought program covers Architecture, Urban Planning and Industrial Design.

He returns regularly to India to further his studies in Yoga at ICYER. In 2008, he completed his one year Advanced Intensive Residential International Yoga Teachers Training Course. As a senior student, he took on various roles such as compiling all notes for all classes, acting as a liaison between students and the teaching staff, giving classes to ICYER students as well as American exchange students (Study India Program), and being a speaker for the Pondicherry International Yoga Festival (1998 and 2008). In recognition for his contribution to Rishiculture Ashtanga Yoga (Gitananda Yoga), he was awarded, by Yogacharini Meenakshi Devi Bhavanani, the title of Guru Priya Ratna.

Yoga Chemmal Meena Ramanathan

B.sc., M.A., C.Y.T., D.N.Y.S., P.G.D.Y., M.sc. (Yoga) P.hd (in progress).

Yogachemmal Mrs. Meena Ramanathan, is Co-ordinator of CYTER, the Centre for Yoga Therapy Education and Research at MGMCRI (Mahatma Gandhi Medical college & Research Institute). She has completed numerous undergraduate and post graduate degrees and diplomas in Yoga, science and English and is currently pursuing a PhD in Yoga through Tamil Nadu Physical Education and Sports University.

A student of the Rishiculture Ashtanga Yoga Parampariya, she has been trained under the expert guidance of Kalaimamani Meenakshi Devi Bhavanani and Yogacharya Dr Ananda Balayogi Bhavanani. She has been an integral part of that tradition for over a decade. Mrs. Meena Ramanathan has admirably trained thousands of students under the auspices of Pondicherry University as Coordinator Yoga courses in the Community College, as well as faculty of Annamalai University, Manonmaniyam University, MGR University and Yoganjali Natyalayam. She is coordinator of Outreach Programs of Yoganjali Natyalayam and is a guest faculty at ACYTER, JIPMER. For the past 5 years, she has been giving practical Yoga training to staff and students of Pondicherry University.

Mrs. Meena Ramanathan has authored and co-authored a dozen books, and, half a dozen papers on Yoga in English and Tamil, in various journals. Her books on Thirukkural and Yoga, Applied Yoga, Gheranda Samhita and Primer of Yoga Theory are best sellers. She has received many awards such as Yoga Rathna, Yoga Seva Maamani, Yoga Chemmal, Bangalore Sundaram Award, Yoga Jyothi, Chellammal Award and Annai Sivakami Award. She has been doing yeomen service for the past 8 years for the cause of senior citizens and special children of Pondicherry.

Dr. Ananda Balayogi Bhavanani has described her thus: "As an excellent teacher and human being, Meena is an inspirational role model for many Students, housewives and senior citizens, and has motivated hundreds of them to take up a life of Yoga"

Yogacharini Aishwariya Georges Falcon

Date of Birth : 24th of February 1979

Nationalities: Canadian, French and Australian

Languages: fluent in French and English, basic level in German and Indonesian

Aishwariya is a translator by training, as well as an ESL teacher. She has completed her Bachelor of Arts (Specialization in Translation) in 2002 at Concordia University, Montreal. She then pursued her

studies and obtained her ESL Certificate in 2011. She has worked at the English Montreal School Board since 2005, where she specializes in Adult Vocational Training, working specifically with an immigrant population.

She obtained her first “Six Month Intensive Yoga Teachers’ Training” Certificate in 2000, and was awarded the title of “Yogacharini”. She has returned several times since, obtaining a “Yoga Chemmal” title in 2008, and finally obtaining the “Two Year Advanced Yoga Teachers’ Training” Certificate in 2012. That same year, she also taught the “Basic Training in Hatha Yoga” to American exchange students enrolled in the “Study India Program.” Previously, in 2008-2009, she ran Pranayama and Hatha Yoga workshops in Hiroshima, Japan, as well as mother-and-baby Yoga classes.

Her husband Radu Falcon and she are currently running the “Yoga Life Society” of Montreal, based on Swami Gitananda’s ICYER Step-by-Step curriculum.

Yoga Chemmal C Shanmugam

Yoga Chemmal Shri Shanmugam is the General Manager of Yoganjali Natyalayam and a senior faculty member in Yoga he has studied Yoga under Ammaji and Yogacharini Renuka Giri and takes care of the official works of Yognat as well as taking Yoga classes for adults. He has completed a Two year part time Diploma in Rishiculture Ashtanga Yoga from Yoganjali Natyalayam and also has a Diploma in Business Administration (DBA). He assists Dr. Ananda in implementing Yoga Therapy schedules and special classes for visiting tourists. He acts as Accounts officer for ICYER and manages classes taking place in the West Branch of Yognat running at JIPMER Community hall. He has been a jury at the International Yoga Festival and Assistant coordinator of the Pondy State Himalaya 2001 and is Treasurer of the Pondicherry Yogasana Association.

Yoga Chemmal Lalitha Shanmugam

Yoga Chemmal Smt. Lalitha Shanmugam is the Public Relations Officer of Yoganjali Natyalayam and a senior faculty member in Yoga and Bharatanatyam. Having studied directly under Swamiji and Ammaji since 1984, she has also completed the Two Year Part Time Diploma in Rishiculture Ashtanga Yoga and Bharatanatyam from Yognat. She conducts Yoga classes for working women, housewives as well as children in Yognat. In addition she is teaching Bharatanatyam for children at Yognat and in the West Brach at JIPMER Community hall. She has played leading roles in many dance dramas of Yoganjali Natyalayam. She has been a jury as international Yoga Festival and she often also fills in for the Music Class when any of the music faculty is absent. She acts as the interface between Yognat and the parents. She also teachers at the school extension programme of Yognat in Vidya Niketan School at Anna Nagar. She assists Dr. Ananda in implementing Yoga Therapy schedules for patients and is in-charge of the special Ten-Session Courses devised by Yognat for tourists and patients. She is a Governing Council Member of the Pondicherry Yogasana Association

Yoga Chemmal E Gajendiran

Yoga Chemmal Shri E. GAJENDIRAN is a senior faculty member of Yognat for Yoga. He conducts Yoga classes for the children and assists in different intensive training programmes as well. He has been a student of Swamiji and Ammaji since 1980 and also assists in training the students for Yogasana Competitions. He has completed a Basic Hatha Yoga Course of three months as well as a Special Yoga Teachers Training Course of three months in 1987 under the guidance of Ammaji and Swamiji. He has taught Yoga in various Government Schools of Pondicherry through a project of the Block Development of Office, Govt. of Pondicherry during the period of 1985 to 1990. He has been a jury at the International Yoga Festival and the Pondy State Himalaya 2001 and is a Joint Secretary of the Pondicherry Yogasana Association

Yogacharini Maitreyi

Maitreyi was first introduced to yoga in 1975 and continued to study with her first guru, R. Krishnanamurthy until 1991. In 1997, she began her training as a yoga teacher at Shivananda Ashram and began teaching there soon after. In 2000, she commenced her Yoga Teacher Training at ICYER and returned there for many years after to teach and live the yoga life.

She is regularly invited to speak at yoga conferences, such as the World Yoga Conference held in Sri Lanka beginning in 2004, and the Yoga festival of Pondicherry for many years. In 2006, Maitreyi was invited to sit on the Advisory Board for the World Yoga Council in Europe. In 2007 she was honored with the Yoga Chemmal award in Pondicherry and in 2009, she was a speaker at the World Yoga Conference in Rome. She continues to publish articles on yoga in newspapers and magazines and has been interviewed by national and international magazines and television channels.

Eleven years ago, Maitreyi founded the Arkaya Foundation, a space where she helps to give others the opportunity to become their best. At Arkaya, she teaches an Arkaya Teacher Training course, which is spread out over two to three years, to allow enough time for students to properly integrate. Over the last six years, she has been working with a group of children in the slums of Chennai, helping and encouraging them to better themselves through yoga programs, art, waste management, organic and healthy living. The children are provided with loving support and encouraged to reach their greatest potential through emotional management.

Maitreyi has spent the past several years teaching in Europe and in Sri Lanka. She is currently a resident of Vancouver, Canada and teaches there for six months every year.

Yogacharini Vaishnavi Monica Hrubá

Born in the Czech Republic, Vaishnavi has pursued studies in many fields including Chemistry, Secondary Technical level (4 years); Social Studies, Masaryk University Brno (3 years); English, Public Language School, Brno (1 year); and Hippotherapy LPPJ, Masaryk University Brno (1 year).

Vaishnavi has held different professional positions including that of Hippotherapist Assistant (2006-2008), Nursery Teacher (2009), and Active Personal Care Assistant for patients with spinal cord injuries (2011). She is presently working in Prague as a Nursery Teacher.

In parallel to her busy and varied professional career, she has gone through the Six Month Residential Yoga Teachers Training Course given at ICYER, South India (2008-2009). She extended her stay to complete the Nine Month Teachers Training Course. During that time, she had numerous responsibilities including teaching at Yognat and ICYER and also took up an intensive study of Tamil, Carnatic Music and Bharatanatyam.

Yogacharini Vibha Sana Aejaaz

Vibha obtained the Advanced Yoga Teachers Diploma from ICYER in 2011 and currently completing her M.Sc Yoga Therapy from SVYASA, Bangalore. She has a B.A in English Literature from Women's Christian College, Chennai and received gold medal in the Humanities Department in the Higher Secondary Examinations, Lady Andal Venkatasubba Rao High School, Chennai, (April 2005). She has vast experience at ICYER as Personal Assistant to Director ICYER and Staff Supervisor as well as Student Coordinator in the International Yoga Teacher Training Course. She launched 'Kaya Swadhyaya', in December 2011, a step by step wholistic approach to expound the teachings of Rishiculture Ashtanga Yoga. She represented ICYER as Invited Guest Speaker at the National Yoga week conducted by the Moraji Desai National Institute of Yoga, New Delhi, February 2011 and also participated as Speaker in the International Yoga Festival, Pondicherry in 2010 and 2011. She has participated in various yoga workshops: Yoga for Diabetes, Yoga for Hypertension etc and is a featured content writer for the Yoga column in the Chennai monthly 'Inbox 1305' from August 2010 to Feb 2011. She was co-presenter and featured demonstrator in the DVD « Yoga in your office » that is being marketed worldwide and also available as Ipad and Iphone applications.

Yogacharini Lakshmi Dhanraj

Lakshmi was trained in Yoganjali Natyalayam in the arts of Yoga and Bharatanatyam for about nine years since 11 years of age. The rich fun filled training in Yoganjali Natyalayam widened her range of perception in addition to gaining a strong moral foundation. While yoga training made her comfortable in acrobatic Natya karanas, doing many lead roles in Yoganjali Natyalayam's dance dramas, honed her skills in getting into deeper layers of the character she portrays. She believes that Yoga\Bharatanatyam \or any such art form inculcates healthy self-images into deep layers of one's being which thereby creates healthy affect image and hence a better life experience. To her, a Yogasana or a Bharatanatyam position is higher wisdom coded into a kinesthetic emotional psychic language. As one moves and holds the body, mind and emotions in various spatial dimensions, in specific combinations and permutations creating certain energy patterns, the doorways to higher wisdom open. Dance has been her happiest way of worshipping God and she hopes to become a better vessel day by day for the Natya Vidya to descend holistically. She is a MBA graduate with experience in Human Resource functions in the areas of Recruitment and Behavioral Skills Training. She delivers behavioral skills training and also takes yoga classes based on time and availability. Some of the awards she has won are Awards of honour for the years 2011 & 2012 for serving as a Jury in the State Level Yogasana Competition held by the Pondicherry Yogasana Association, Swamy Vivekananda Award for proficiency in yoga and Bharatanatyam by Bharathi Yuvakendra, Women achiever's Award by the Department of Women And Child Development, Government of Pondicherry for excellence in Yoga and Bharatanatyam, Champion of Champion award in the State Level Yogasana Competition held by Pondicherry Yogasana association, Best yogic personality award in the first State Level Pondicherry Himalaya Yoga Olympiad, held by Pondicherry Yogasana Association, Dayaa Rajini Award in the Tamilnadu state level dance competition conducted by Latha Rajinikanth, Yoga Scholarship Award 2000 by Yoga Research and Education Centre, California, USA