

Sannyasi Gyanmitra
New Delhi, India.
Phone- +91- 9810238420 (mobile)
+91-11-25081274 (land phone)
E-mail- gyanmitra@gmail.com



I am Sannyasin in the tradition of Saraswati order of Sannyasa, I have been associated with this tradition for the past 7 years. I am a resident of Delhi in India and have been teaching **Satyananda Yoga**, specializing in conducting workshops and training sessions for working executives for stress management.

I have worked with people suffering with substance and alcohol abuse, in India by conducting retreats at Rishikesh, Himalayas, India.

I have also conducted workshops in Denmark at the Buddhist Temple for the Danish-Thai Society using yogic techniques for stress management for the executives.

I have done workshop at Zence Spa Center Stockholm, Sweden using traditional yogic techniques, for mixed group, and also done intensive yoga teaching.

I have conducted workshop and seminar in **Iran** for University students of Shiraj, and mixed groups at various major cities of Iran viz. Tehran, Siraz, Eshfahan and Mashad. Was the representative form India for the International Yoga Seminar held at Mashad.

EDUCATION

- Bachelor's degree in Economics from **Maharaja Sayaji Rao University of Vadodara**, Gujarat, India. 1991
- Bachelor's degree in Yogic Science from **Swami Vivekananda Yoga Anusandhana Kendra (Deemed University)**, Bangalore, India. 2003-07
- One Year Full time course in Sannyasa and Yoga from **Bihar Yoga Bharati (1st Yoga University in the world)**, Fort, Munger, Bihar, India. 2006-7
- Certificate Course in Yogic Studies 4 months full time from **Bihar Yoga Bharati (1st Yoga University in the world)**, Fort, Munger, Bihar, India. 2001
- Teachers Training Course from **Sivananda Yoga Vedanta Ashram**, Neyyar Dam, Kerala South India. 2003
- Course in Yoga and Vedanta from **Yoga Vedanta Forest Academy**, Divine Life Society, Sivanandanagar, Rishikesh, India. 2005
- Ayurveda Massage Therapist Course from **Arya Vaidya Pharmacy** Coimbatore, South India. 2003

LANGUAGES

English, Hindi and Sanskrit.