



### **Master Bhaskar Hazarika, Yoga Teacher**

Now, as I look back, I feel privileged and certainly thankful to be born in a family, where Yoga has a deep traditional roots from many generations. Never been forced to adopt any particular practice, routine or ideology; or never been asked to go through the huge collection of Yoga and spiritual books of our home library. Feel that it would have been better if parents insisted on... but, anyway, always been encouraged to follow a nominal practice according to my convenience and interest.

After completing my formal university studies ... started my career as a freelance journalist, where 'travel destination of Himalaya and traditional Yoga study-centers' are the two main topics, about which I was planning to write. For that purpose I traveled extensively throughout the Himalayan region for around two years. Visited and stayed in many old and traditional Yoga schools, where I learned, study and practice Yoga and, in that process, very easily drifted from my 'freelance journalist' career to a regular Yoga practitioner. Finally joined 'Swami Vivekananda Yoga Research Foundation' of Bangalore, India for a formal Yoga course for one and a half years. After completing the course, I overstayed in the same institution for next three years, solely to continue my personal practice and study, and also started teaching a little.

Finally became a regular teacher, now Yoga has become my only passion, profession and life-style, as it gives me the opportunity to remain in touch with the subject for all times where, along with teaching, I can continue my personal practice and study and, both complements and enriches each other. Also, it is deeply satisfying, as I can serve more and more people for their wellbeing, health and happiness. For the modern society and the life-style Yoga is a necessary. It helps in detoxification, relieving stress, improving health, promoting wellbeing and happiness and exploring deeper aspects of life. Yoga has much things to offer to enrich one's life and living, whether any stages of life, or any walks of life. Yoga is a gift from INDIA to the world.

