



Master Sanjiv Chaturvedi, Co-founder and Director

“Know your inner potential and excel in your life” is Master Sanjiv’s message and wish for every student who attends his yoga classes. He is a foremost yoga expert in Thailand with a Master Degree in Applied Yogic Science from the Bihar School of Yoga, in India, with over 13 years teaching experience, and having made a difference to the lives of over 500,000 people through yoga. Beginners, expecting mothers, those with physical ailments, as well as accomplished yogis, all flock to his classes to benefit from his carefully designed sequences and to spend an hour cultivating meditative awareness. His approach to yoga is a balanced combination of the multiple aspects of yoga, including asanas (yoga postures), pranayama (breathing practices), relaxation and meditation. Based on the teachings of the late Swami Satyananda, Master Sanjiv teaches yoga in a methodical and accessible manner so that practitioners of all ages and fitness levels can develop deep awareness of his or her body, mental focus as well as physical strength and well-being in a non-competitive atmosphere.

Master Sanjiv is a specialist in therapeutic yoga for enhancing healing illnesses, sports injuries and performance enhancement, and has helped countless people with a variety of issues from post surgery recovery to diseases. He has conducted research on effects of yoga on bronchial asthma, neck-back pain, digested related issues, breast cancer, as well as sports. Master Sanjiv’s passion for teaching yoga is evident through his attentiveness to each student’s developmental needs and ability to cater the practices accordingly. He also designs customized classes to suit the needs of an individual or a group.

