



Biography for Dr. Chintamani

Dr. Chintamani has spent the last 22 Years teaching yoga, running a classical yoga Retreat Center and Academy, working on Yog Darsan (yog philosophy) spearheading his own instructional yoga show on Janata International Television Station in Nepal and YouTube Channel, Charter President of Lions Club Spiritual, and has steadily been building a strong yoga community in his country and abroad. With over 40,000 + hours and 22 years of teaching experience, Dr. Chintamani embodies a wealth of knowledge within Eastern philosophy, astrology, mantras, tantra, puja, spiritual social responsibility, the true aim of human life (to reach self realization), and the deep understanding of yogic lifestyle. He's been running Nepal Yoga Academy for 5 Years supporting International and local students in both Nepal and India, as they develop their yogic practice. His work and purpose is to propagate yoga for life through his teaching, community work, and social responsibility. His students refer to him as "Guruji".

Testimonial

Geradine Holtslag, Netherlands. (200 and 300 hour TTC).

"There is no better Guruji to learn from as Dr. Chintamani. Studying yoga taught by Guruji makes you love studying each day more and more. Not only because of his high qualifications, authentic wisdom and knowledge, but also the way he teaches with passion, fresh energy and high communication skills. Dr. Chintamani speaks English really well and he knows all about our crazy, rushing lifestyles in the modern Western world. He made me open my eyes how perfectly suitable for the authentic yoga lifestyle/philosophy is nowadays, to live our life more balanced and peaceful. You are totally engaged every session, his quality of explaining things in an easy, understandable way keeps you totally engaged. Are you looking for an authentic high skilled Nepali Guru who makes studying yoga accessible for every student all over the world, then come to Nepal and study with Dr. Chintamani. Study and experience the authentic yogi life in Nepal.

