



Shri Shiva Shankara

A YOGI,
PHILOSOPHER
AND
PROFOUND TEACHER

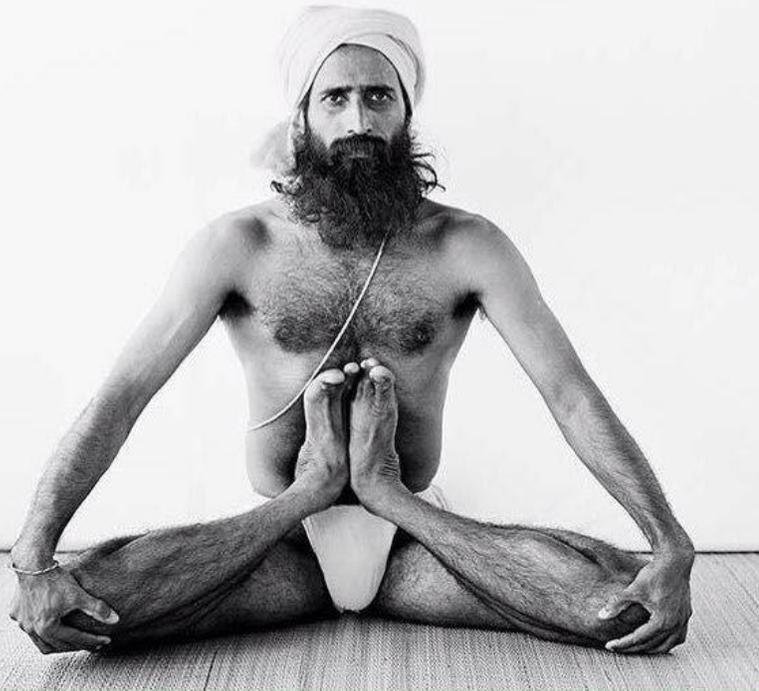


Experience

Shiva is distinctly recognized in the fields of Raja Yoga (Ashtanga), Mantra Yoga (Vedic & Tantric), Laya Yoga, Hatha Yoga, Kundalini Yoga, Tantra and Kriya Yoga.

He has been teaching extensively for the last **22 years** in several teacher-training courses, retreats, workshops and at yoga festivals throughout India and abroad in various yoga schools and organisations in several countries throughout Europe, UK, Thailand, Singapore, Japan, China, and Russia.

Background and Training



From the early age of twelve, Shiva Shankar has dedicated his life to exploring the sacred science of Veda and Yoga.

- ❑ He successfully completed a three-year course in Vedic Science and Meditation at the largest Vedic university in the world (Maharshi Ashram, Ghaziabad).
- ❑ Shiva met his Sadguru, Swami Chidananda Saraswati in 1993, and was initiated by him into the Hindu monastic religious order at the Divine Life Society founded by Swami Sivananda in Rishikesh.
- ❑ As a Sivananda disciple, Shiva trained under the practices ‘serve, love, meditate and realize’, and was taught by world-renowned yoga experts including Swami Adhyatmananda, Swami Yogaswarupananda, Swami Vishwarupananda, Acharya Venkatesh, Shri. Vinay Kumar, Shri. Prashant S Iyengar, Geeta S Iyengar, and Rudradev Gauda.
- ❑ Shiva then travelled throughout India to spread the divine message of Swami Sivananda before moving to the Holy Kailas Ashram in Rishikesh. There, in the monastic order of Maharshi Veda Vyasa and Adishankaracharya, Shiva studied the classical philosophies and Sanskrit scriptures of the Indian Vedic tradition.

Background and Training



- ❑ After training with Himalayan Yogis in the Hatha Yoga tradition, Shiva joined the Iyengar Institute, Pune in 1997 to deepen his experience of yoga through asanas, pranayama, and yoga therapy.
- ❑ His Yogic and spiritual education continued at SVYASA in Bangalore, Bihar School of Yoga at Munger, Kaivalya Dham at Lonavla, Sivananda School in Kerala, Atma Vikasa Kendra at Mysore, Pranavasya School at Mysore, Dayananda Ashram Rishikesh, Kriya Yoga Ashram in Ranchi and Calcutta, Yoga Study Centre at Rishikesh, Varanasi Advaita Ashram and Swami Ram Ashram.
- ❑ He then spent an extended period of time as a solitary and ascetic monk in the company of the Himalayan Yogis, receiving divine inspiration and spiritual experiences with their grace.
- ❑ Shiva subsequently met internationally renowned Vedic scholar, yoga, and meditation expert the late Swami Veda Bharati, who initiated him into the Himalayan meditative tradition. This is the first, most-comprehensive tradition which has given birth to all the major meditative traditions of the world.