



Full Indian Experience in Slovakia

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TEACHERS LIST



Naveen Raj (Advanced Yoga Instructor)

Naveen comes from Kerala, South India. He started his yoga practice from young age and his interest in yoga led his journey to learn yoga from Sivananda tradition in year, which is one of the famous yoga schools in the world. In the short period of time after graduation, in year 2014 he started to teach in Sivananda Ashram and became the main yoga teacher. Except practicing and teaching the Hatha yoga, he enriches his learning path by several stays with lots of spiritual gurus and learning sidhas & yogic techniques from them. He is happy to share his knowledge of yoga and cleansing techniques further and take our practice to the next level.



Sujith Sudhakaran (Yoga Instructor)

He comes from the town of Thrissur in Kerala, South India, known as the cradle of Ayurveda. During his life, he developed a close relationship with yoga and ayurveda therapies. His first experience as a yoga teacher started in Sivananda Ashram in India in 2011. Few years later, his yoga journey continued in Slovakia that has become his 2nd home. Friendly people in Slovakia make him to choose staying and sharing his passion about yoga. You can meet him in classes teaching traditional Hatha yoga, accompanied with many therapeutic and health benefits. You will always find inspiration from his teaching.



Dr. Anil Kumar (Ayurveda Doctor)

Dr. Anil kumar is a renowned Ayurvedic Physician from Kerala, India who brings 22 years of experience as a Consulting physician and Global Promoter of Ayurveda in nearly 30 countries. He acquired his professional qualification in Ayurveda from highly reputed Government Ayurveda Medical College, Kerala. As a Physician, he is held in high regard by his contemporaries for his firm grip on every aspect of this ancient science such as Ayurvedic Clinical Pharmacology, Special medicinal combinations and highly-effective Traditional Kerala Panchakarma Treatments. As a teacher and trainer in Ayurveda, Dr. Anil can instantly dip into the hearts of students to share his knowledge & wealth of experience with live examples.



Sandy Ng (Singing Bowl Sound Therapist)

She comes from Hong Kong, one of the busiest city in the world. The stressful city life brought her to yoga already in 2007 and to the sound therapy in 2016 to find her escape and relief. In 2012 she decided to take a break in her professional life and travelled to Sivananda Ashram to deepen her knowledge of yoga. Through yoga and singing bowl therapy she got back her inner peace. Her classes combine yoga practice with sound healing which guide us step by step from physical awareness to spiritual awareness. You will be able to experience inner healing power and calmness in her classes.



July Haluzova (Paint Artist)

July come from the picturesque Moravian town of Uherský Brod. She study Secondary School of Arts in Uherské Hradiště and Craft and completed a year of study at the Higher School of Fashion Design in Prague. For her bachelor's studies, she chose the University of Fine Arts in Bratislava, studying sculpture and objects with prof. Ján Hoffstädter, from where she continued master's studies in the studio of painting and other media with prof. Ivan Csudaia in 2006. She also completed the Summer Art School in Subotica, Serbia in 2003. Her further education in 2005 with a residency at the Museum Quartier in Vienna, a residency at Artists retreat - Amrut and in North Goga, India at the beginning of 2020.