

CHRISTOPHER SCHAFER, LOS ANGELES, CALIFORNIA



1992 - Bachelor of Science in Business Administration & Finance, California State Polytechnic University

1993, worked in mortgage banking, L.A.,

1994 - 1996, worked and explored S. Korea, China, Indonesia and India. Attained level one black-belt in Tae Kwon Do in S. Korea.

1996 - 2001, worked for an environmental NGO, Forests Forever, San Francisco, CA. Trained in Yoga under the guidance of Swami Vivekananda, Rishikesh, India and Swami Govinda of Sivananda Yoga, Neyyar Dam, Kerala, India. Instructed yoga in Manhattan, New York.

2001 - 2003, educational curriculum development and facilitation, Hiroshima, Japan. Studied Za Zen Buddhist meditation, Bhutzuji Temple, Shikoku,

2003 - 2005, Master's of Art in Yoga Philosophy, Bihar Yoga Bharati under **Bihar School of Yoga**, Munger, Bihar.

2005 - 2007, Professional yoga instructor, San Francisco, California, certification of Teacher Training Level 1 & Level 2, and Diploma of Satyananda Yoga Teaching, Rocklyn and Mangrove, Australia.

2007 - present, established Atmayaan PVT. LMT., an Ayurveda care centre, yoga studio, and naturopathic spa, develop and facilitate yogic retreats and workshops, professional yoga instructor, Bangaluru, India. and Kuala Lumpur, Malaysia.

“ Those ‘fortunate’ enough to be fully engaged in the business paradigm; are given the most opportunity to fully express and evolve subtle, inner, latent qualities . . . there’s a growing consensus in the corporate sector; imbibing ancient technologies such as yoga - evolving the way of organizing, reaching into the next levels. ”

"I am inspired by the synergy of eastern traditions with the practical, ever-evolving, western approach to the modernity of life, so instruct yoga in a progressive way that harnesses our inner passions, releases energy blockages and at the same time remains true to the source of Yoga; total freedom, wisdom, and joy in action. Now I reside in Bangalore, India where the urgent need for an organized holistic, wellness structure is paramount!"

