

Introducing

Regeesh Vatta Kandy, Kerala India



Regeesh Vatta Kandy, started his yoga studies when he was seventeen with the traditional teachers from Kerala. The happiness and health he gained through yoga inspired him to delve more into yoga studies so that he could help other to enhance the quality of their life. The searches for higher studies in Yoga lead him to the great Bihar Yoga Bharati (the first university of

Yoga in the world). Since he has always been fascinated by the mind and its function, he chose YOGA PSYCHOLOGY for his masters in Bihar. After that he has been teaching Yoga in India as well in abroad. He has done an advanced course in PRANAYAMA from Kaivalyadham, the oldest school of yoga in India, under the guidance of Sri O P Tiwari.

To understand the dynamics of meditation he has been practicing different types of meditation like **Vipasana, Tantric meditations, Contemplative mediation**, and this led him to Osho International Meditation resort where he attended a two months residential course. During this course he gained the experience of various kinds of mediation techniques like **Dynamic mediation, Kundalini meditation, No dimensional meditation**.

He has a great understanding of the imbalances of the body and how it affects the personality and is dedicated to guide his students to a happier, more balanced and fulfilling life. His experiences combined with techniques like **yoga Nidra** make his relaxation class a very unique one.

At the moment he is working with Atmayaan wellness teaching yoga, training yoga teachers, conducting workshops and retreats in India as well overseas.