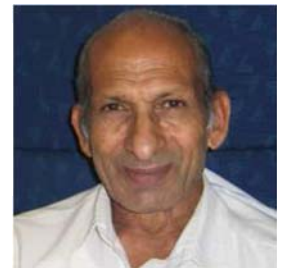


# Professor Laxmankumar V Sannellappanavar

A practitioner, propagator, teacher & researcher in YOGA



## Brief Life Sketch –

- ❖ Been in the field of yoga from his early age of 13 years, i.e. since 1949
- ❖ Instrumental in introducing Yoga at the University in Karnataka at three different levels – certificate, undergraduate and post-graduate. It is the Second University in India and one of the first ones in the World to introduce Yoga
- ❖ Served in the Karnataka University India for 25 years and retired in 1996 as the founder Head of the Institute of Yoga studies
- ❖ Holds the prestige of being the first Yoga professor recognized by the government of India and selected for Foreign Service to teach Yoga for nearly four years in former U.S.S.R/ Soviet Union, where Yoga was banned earlier by the government
- ❖ Has pioneered the spread of Yoga by imparting thousands of lecture cum demonstrations and conducting free training classes for the benefit of the students from kindergarten level to the University level
- ❖ Has trained thousands of students every year across the globe for over five decades now and his students hail from more than 32 different countries
- ❖ Even at the age of 73, i.e., in the 60th year of his devoted service, he is actively engaged in this field
- ❖ Has toured widely in India and abroad to render his dedicated service for which he has received many awards, honors and titles including the prestigious Patanjali Gold medal, “Yoga Ratna” “Basavaguru Kaarunya” etc, to name a few

## Style of Teaching –

- ❖ Prof Laxmankumar or “Guruji” believes “Yoga is for all”. His method of teaching reflects this aptly.
- ❖ Has taught Yoga and Holistic health practices to people of all age groups, health conditions, communities, regions etc.
- ❖ The doors to his class always remain open and he welcomes everyone to join in. He sets no criteria for one to learn Yoga.
- ❖ When he teaches, he keeps the abilities of every student in mind, especially the weakest one in class and adapts his teaching accordingly.
- ❖ His teaching has enabled significant improvements in people having breathing problems like asthma, bronchitis, allergies, cardiac problems like High BP, old age problems, mental problems, depression, paralysis/ hemiplegia, diabetes, spondylitis, backache, digestive disorders, insomnia etc.
- ❖ He emphasizes the art of relaxation, breathing and practicing within one’s physiological limits and in a scientific way in order to gain maximum benefits out of the practice.