

*Swami Ananda Chaitanya was born and raised in a village in the eastern part of India, far from metropolis, what became a result of his specific approach - easy and direct.*

*Before he started actively hold yoga classes he had undertook his faith internship in total asceticism in Himalayas, where he had studied different yoga disciplines, meditation and Vedanta. Several times he visited holy places in India. After long training and research of spiritual life Swamiji devoted himself to teaching and diffusion of Yoga and Vedanta.*

*Swami Ananda founded few Yoga centres with the name "Vidya Ashram", which are situated in different parts of India. The main centre is situated in Tiruvidandai, Chennai. Also he is the author of several books about self-improvement, the founder of the printing house "Ama Vivek", he writes the articles for national newspapers and participates at different philosophy-religion televisions on main national Italian and Indian channels.*

*During last years the mission of Swamiji spread outside India, where increases the number of the people, which visit his satsangs, lectures and yoga classes. Extraordinary talent of Swami Ananda Chaitanya allows to hand over the higher message of Vedanta and Yoga together with deep understanding of human mind.*

