

Andrey Lobanov is the founder of Russian experimental school of Yoga (1983), a yoga teacher with 30-year experience, a psychotherapist, a specialist of traditional system of invigoration.

Andrey Lobanov started to study East systems (karate, yoga, Wu-shu, Zen, Qigong) at the end of 70th being a student of the medical institute.

In 1983 Andrey hold the classes of Hatha yoga following his own program. In those times there was a law in the country which forbade all kinds of east practice, but despite illegal yoga status he continued not only to practice and to teach yoga but also started to develop it in the country and became a leader and a yoga pioneer in the country.

Studying the heritage of ancient traditions (Indian and western yoga styles, Chines, Tibetan and other systems) he paid the most attention to his own free search and tried all methods and techniques analyzing and systematizing the results of his practice.

At the same time he increased his medical education and also had a doctor practice. Huge experience, many years of practice and teaching yoga, studying of medicine, traditional and modern health-improving systems, different philosophy and science paradigms, studying of human mind allowed Lobanov to create over 30 health, development and human ecology programs and courses which are certified by the Minister of Education. Such

programs don't have analogues in Russia and abroad.

"Yoga is a science about a person and true reality. This science appeared as an attempt to answer a question about being and first of all a question about cooperation of a person with a universe. Yoga is a question and an answer at the same time. It's a deep philosophy and a certain practice as well - how to stay in conditions of full life. Yoga practice brings a person to the highest nature, develops emotional and psychological sphere, transforms ethical side of human life, improves physical body and mind, brings them to harmony and unity preparing a person to a higher existence".

