

## Meet the Founder & Course Instructor

Jey Siva

M.Sc In Yoga, E-RYT

Professor of Yoga, Annamalai University Canada Campus



**Jey is an experienced certified instructor (17 Years) who has dedicated his life to the art of Yoga. He is committed and passionate about helping and healing others through his love for Yoga. He is a highly knowledgeable individual whose educational background includes: M.Sc in Yoga from India's prominent Annamalai University-India, trained at the Swami Vivekanda Yoga University -Bangalore,India and Certified in Babaji Kriya Hatha yoga by Babaji's Kriya Yoga Ashram-Quebec, Canada,Jey is one of a leading Siddha Marma yoga Consultant in Canada,Who trained traditionally and Certified by Thirumoolar Siddha research institute-SriLanka, Treating and Practicing Siddha marma points & Marma yoga last eight years. Holds a Diploma in Acupuncture and Alternative Medical Therapy and holds an International Registered Yoga teachers license (E-RYT). He is also professionally qualified in Ayurveda Abjanga (Body Works). He has also worked with leading medical experts around the world to provide wellness through yoga.**

**His teaching style incorporates the full concept of yoga aiming to balance the five koshas in every class. He motivates his students to understand the poses and**

**have mindfulness in their practice. His classes incorporate meditation, asana ,pranayama and relaxation. He is committed to explaining the scientific and spiritual context behind yogic concepts. Jey has created and successfully conducted yoga classes for all age groups allowing them to experience yoga within their own nature.**