

I have been practicing yoga for more than 50 years and know it to be a sound science with consistent results. I know first-hand the wonderful benefits of yoga at the physical, mental and spiritual levels and am filled with immense joy to share what I have learned. It is my sincere hope that the knowledge and experience I have gained over the years may enlighten the lives of others and that it may help them achieve salvation through the practice of yoga.



Ramachandra Raju Kalidindi, Mystic Poet

"Unravel the mysteries of life; you will be one with Siva"

Yoga Technical Expert and Examiner - TQCert Services of TATA Projects Ltd.

Expert in Astanga Yoga, Nada Yoga, Laya yoga, Swara Yoga and Tantra (right hand) & Yoga Therapy.

Author of: Yoga for life and beyond & Haiku and other poems (e-books),in English.

Naa Padham Naa Payanam(my path and my journey), Akshara Deepaalu (Lamps of words) printed books in Telugu (poetry)