

Anil's yoga practice combines spiritual and physical benefits that contribute to a holistic life style. Each asana provides particular significance and benefits, therefore, stretching, bending, twisting and balancing have direct effects on the human body. He has achieved Hatha Yoga Teacher Training in 2004. His practice deepened in the U.S., and in 2010, he completed 500 hours Teacher Training from ISTHA Yoga. He am an avid traveler and photographer. He is also deeply interested in Eastern religious study, particularly the scientific aspect. He has incorporated both Eastern and Western ways of practicing yoga. However, he is influenced by more traditional styles of teaching yoga which he learned in my home country, Nepal.

Having knowledge about asana's philosophy increase strengthen of practitioner's