



DR. CHINTAMANI GAUTAM

PhD in Yoga

Profile

Dr. Chintamani (Guruji) was born in the Birthplace of Buddha, Lumbini, Southern Nepal. He is an expert in teaching yoga, with over 22 years of experience. Currently, he runs a classical yoga retreat and academy. He is also a student and teacher of Yoga Darshan (yoga philosophy).

Being raised in a Brahmin family, he found his passion and inspiration for the Sanskrit language at the young age of 8. Later, for his advanced studies, he travelled to India to gain Master's degree in Yoga Science and Sanskrit Philosophy.

Dr. Chintamani continued exploring Sanskrit literature, Eastern philosophy, astrology, mantras, Tantra, puja, and yogic lifestyle with the assistance of aspiring yogis, gurus and scholars in diverse parts of the Himalayan region.

While in India, he got the opportunity to continue his yogic journey under the guidance of authentic gurus who taught him the traditional art of yoga and yogic lifestyle. They inspired him to advance his practice and seek the true essence of yoga.

In addition to increasing his practical knowledge, Guruji studied yogic scriptures to expand his intellectual comprehension of yoga and the related philosophies. He became thoroughly acquainted with Sanskrit literature, Eastern philosophy, mantras, Tantra, and yogic tradition. Some of the ancient scriptures he has explored include the Upanishads, Gita, and great Six Eastern Philosophies.

His scholarship was eventually recognized with a PhD, and Dr. Chintamani returned to Nepal to share the profound knowledge he had found. He is now spreading the yogic education and values amongst children, youth, the elderly, and professionals in various fields.

EDUCATION

- **Ph.D. in Yoga**, 2011: "A Comparative Study of Yoga Wisdom in Shwetashwataropnishad and Kathopanishad." Gurukul Kangri University, Haridwar, India
- **Master's in Human Consciousness and Yogic Sciences**, 2005; Gurukul Kangri University, Haridwar, India.
- **Master's in Sanskrit**, 2004; Sampurnananda Sanskrit University, Varanasi, India.
- **Diploma in Yoga and Naturopathy**, 2002; Institute of Natural Health Center, Kathmandu, Nepal
- **Diploma in Massage Therapy**, 2004; Baba Massage Center, Rishikesh, India

SKILLS

- Spiritual discourse
- Mantra Chanting and teaching
- Workshops on asana, pranayama, health and yogic lifestyle, memory maximization and personality development
- Talks on stress management
- Speeches on peace, health, and social responsibility
- Skill enhancement workshop for the youth
- Yogic consultations for healthy, happy and harmonious life



PROFESSIONAL EXPERIENCE

Dr. Chintamani poured his love for yoga into building **Nepal Yoga Academy**, where teaching is based on **Sanatana**, or classical yogic principles and discipline. Its main goal is uniting life with the universal consciousness to inspire the world to be more joyful, reduce suffering and find balance. In designing the yoga curriculum and teaching methodology, Dr. Chintamani is guided by two key questions: *“Is yoga being taught in the most authentic way possible?”* and *“Is Yoga becoming too commercial and diverging from its roots?”* Dr. Chintamani has guided over 1000 students through this process. They have gone on to spread yoga around the world.

Dr. Chintamani shares his wisdom through the following organizations and institutions:

- **[Nepal Yoga Academy](#)**: *Founder and Director*. The first yoga school in Nepal recognized by the Yoga Alliance International. Students learn the fundamentals of yoga to become a successful teacher, while being exposed to yogic diet and accommodation, natural setup led by expert teachers and family-like atmosphere.
- **[Nepal Yoga Retreat Center](#)**: *Founder and Director*. The retreat center provides a beautiful and restorative setting for customizable retreat packages to suit the needs of anyone: from the casual vacationer to the curious yoga followers.
- **[Vedantha Academy](#)**: *Director & Head of Academic Studies*. *Vedanta, one of the six schools of the ancient Vedic philosophy, translates to the ‘epitome of the Vedas’ in Sri Lanka*
- **[Yogamandu Nepal](#)**: *Founder and president*. Yogamandu provides regular yoga training and workshops for locals and foreigners in Kathmandu.
- **Pancha Sree Yoga Retreat Center (In Progress)**: *Founder and Director*. The center provides luxury yoga retreats, trainings, Ayurveda retreats and healings.

For more details about Dr. Chintamani on-going activities, please visit www.yogawithchintamani.com

SOCIAL CONTRIBUTIONS

Beyond the Nepal Yoga Academy, Dr. Chintamani devotes a substantial amount of his time to the teaching of yoga both in Nepal and around the world. He has hosted yoga workshops and trainings in Japan, Italy, Austria, China, and India.

- **Charter President**: Lion’s Club of Kathmandu Spiritual
- **Founder Member**: T.U. Lion’s Blood Transfusion and Research Center, Kathmandu

You can read more about Dr. Chintamani’s social involvement at www.yogawithchintamani.com.

HONORS AND AWARDS

- Ph.D.: In 2011, he was awarded his Ph.D. (Doctorate) in Human Consciousness and Yogic Science by Gurukul Kangari University in Haridwar, India.
- Nepal Vidhya Bhushan “KA”: In 2012, The President of Nepal, Dr. Ramvaran Yadav honored him with the Nepal Vidyabhushan ‘KA’, on the auspicious occasion of Education.

MEDIA PRESENCE AND INTERVIEWS

Dr. Chintamani has appeared on various local and international television, radio and online shows to talk about the importance and applicability of yogic principles in everyday life.

- Janata Television show called *Yoga Darshan*
- Bhakti Darshan television show called *Sanatan Yoga*
- Many local and international television and print interviews about yoga, meditation, skills and personality development and lifestyle

For more information about Dr. Chintamani’s media presence and interviews please go to www.yogawithchintamani.com



VISION

Dr. Chintamani aims to start a revolution in the field of yoga. He believes in the true essence of yoga. His vision is to preserve and restore its true vibrancy. As a beginning, he authored the book entitled "Classical Yoga: Asana and Pranayama", which will enable him to spread the messages of the classical way of yoga far and wide:

- To bring yoga to society as more than exercise but as a lifestyle to achieve balance and bliss
- To collaborate with organizations and institutions helping those in need
- To create digital and print media that communicate the pure essence of authentic yoga
- **Founder and Secretary:** Nepalese Association of Masters in Yogic Science (NAMYS)
- **Advisor:** Gandhi International Mission of Kathmandu

To read more about Dr. Chintamani's vision, please visit www.yogawithchintamani.com

BOOK PUBLICATION

- Classical Yoga: Asana and Pranayama. 2020

TRAVEL

- Japan, China, India, Austria, Czech Republic

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