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As a young boy in India, Sanjeev Bhanot was captivated by the sādhus, or holy men, who practiced yoga as a means to achieve spiritual enlightenment. Now a grown man, Sanjeev heads up the YOGALIFE foundation, spreading his 20-plus years of training across Europe, India and the Americas with his signature technique of using the highest quality yoga to meet the everyday demands of 21st century life.

Following his childhood in the small desert town of Dungargarh, Sanjeev earned his degree in Biology and Chemistry in Rajasthan and later on studied Naturopathy in Delhi. These studies resulted in the unique blend of scientific and physiological knowledge Sanjeev utilized to build the foundations for YOGALIFE, which he launched in 1999.

Since then, Sanjeev has trained more than 600 teachers from 30 countries around the world and has lead workshops on three continents. His resume includes work with such prestigious organizations as the United Nations and the World Bank, along with blue-chip companies like Microsoft and Nokia/Siemens. He trained teachers for Deepak Chopra at the Chopra Center in California and coached Julia Roberts during the making of the blockbuster film Eat, Pray, Love. For nearly a decade Sanjeev has served as the yoga coach to André Borschberg, pilot and CEO of Solar Impulse. He has worked extensively with the Solar Impulse team, training pilots keep their focus under extreme environmental conditions and lack of oxygen through yoga techniques.

If you feel a pleasant aura upon meeting Sanjeev, you're not alone; his years of practice have resulted in a deep and profound intuition that goes beyond his expertise in human anatomy and psychology. Sanjeev possesses the innate ability to see deep within a person, opening hearts to the powerful potential of Antastha yoga, his own unique yogic style.

His teachings center on progressive yogic wisdom, passing along the message of peace, health and exploration through dynamic classes, retreats and global training sessions. Sanjeev's latest focus surrounds the launch of Antastha, his signature style of yoga that is practiced while blindfolded. When we remove our literal sense of vision, Sanjeev teaches, we are far more open to experience vision of a different sort—an unparalleled inner quietness, stronger periods of meditation and an intense self-awareness that ultimately leads to life-changing growth and discovery.