

## **Yogacharya Sowmyaji : A Life Dedicated to Yoga and Healing**

From the hallowed city of Calicut where the holy Kallai River coming down from the Western Ghats , washes the banks as an act of cultural ablution, a Girl learnt yoga; actually she sought truth in the ancient Indian art of healing. Over the years it remained not just learning, but a process of merging into the world of yoga. Still young, the yogini earned recognition, and those afflicted and suffering, came from all over the world to seek her cure for their maladies.

Today that Girl from the ghats of Calicut is an institution and revered by thousands as the Yogacharya for those who have seen her closely she is Sowmyaji, and to the outside world – Yogacharya Soumya. Some of the most influential and powerful people in Riyadh and India are among Yogacharya Sowmyaji's followers. She appears on many Seminars as a part of a spiritual quest and also a therapy, curing people of their strange maladies. Where Yogacharya Sowmyaji is different from some other highly visible yoga gurus is her humility. Steeped in the Adyathmic tradition of the Land of the Greatest Yogi of India , Sankaracharya she wears modesty both as her crown and armour..

Today Yogacharya Sowmyaji is one of the most sought-after Yogacharyas and healers offering answers to the Health and Wellbeing in a Yogic Perspective of Saudi Arabia and the modern world. She has been spearheading the yoga and spiritual movement for the Children , Ladies and youths in Riyadh. She is a yoga guru who has studied the subject as a discipline and obtained a Masters degree , all levels of QCI and YCB and pursuing her Ph.D in Yoga under the auspicious guidance of her Guruji( Padmashree Awardee) Dr. H.R.Nagendraji , Hon. Chancellor , SVYASA University , Bengaluru . In a career spanning more than a decade , she has conducted about 100 workshops and Seminar and delivered lectures and Trained more than 12000 people for International Yoga Day Celebrations from 2015,2016, 2017 2018 ,2019 , 2020 and 2021 in Riyadh , Saudi Arabia .

Yogacharya Sowmyaji is the Co Founder of International Yoga Foundation and currently she is heading the academic activities of International Yoga Foundation as its Vice Chairman , India . She is also instrumental in starting International Yoga Club in Saudi Arabia along with Padmashree Nouf Marwaai and now Yogacharya Sowmyaji is the President of International Yoga Club , Saudi Arabia , a Club dedicated for the Promotion and Propagation of Yoga as per the classical Yoga propounded by Sage Patanjali . Yogacharya Sowmyaji describes Yoga as a **Self directed biological transformation initiative** , a programme of therapy-based yoga, pranayam and Meitation . Till date she has treated approximately 400 cases of backache, 200 cases of neck pain, 100

diabetes patients and 100 obesity cases and another 200 patients of stress. She has taught yoga and spirituality to Executives of Corporates , senior administrators, scientists, business magnets, corporate honchos, public figures, celebrities, doctors, journalists and other professionals. Interestingly, among her patients are scientists from prestigious science research labs , senior officers of the armed forces, paramilitary personnel, and Corporate women .

Yogacharya Sowmyaji has taken an important initiative for the education of girls and their empowerment, healthcare and helping underprivileged girls get married. Her unique initiative, for differently abled and special children , is aimed at bringing the yoga teachers under one banner, for Special children and the International Yoga Foundation Trust is dedicated to social causes. She has organized yoga and health camps at orphanages, old-age homes and blind schools. In addition to her yoga camps, Sowmyaji treats the helpless and poor people through Indian Embassy as a Volunteer . Se has imparted yoga training to hundreds of volunteers from different areas and Social Organizations .

Yogacharya Sowmyaji is well versed in Sanskrit, she has translated the 6<sup>th</sup> Chapter of Bhagavad Gita called Abhyasa Yoga ( Yoga Practice) in simple Malayalam . She is a prolific writer in the field of Yoga and Indian Culture . Her new book on Yoga “ The Voyage to the Unkown “ is an authentic document on Ashtanga Yoga and Yogic experiences.

Yogacharya Sowmyaji stands out because of her pioneering initiative in presenting yoga, Wellbeing and spirituality in an easy, ready-to-use format, suitable for this age and time. Her yoga workshops at different corporate houses have generated a new awareness and interest in those circles about the healing power of yoga. Yogacharya Sowmyaji also organizes various yoga workshops at schools, colleges and universities to teach students how to cope with day-to-day stress-related problems.

She was hailed as a prodigy in yoga practice since a young age. She was bestowed many Yog award and certificates for her outstanding contributions in the field of Yoga and social service . She was instrumental in presenting Yoga in the famous Jenadriya Festival in 2018 , Riyadh where India was the Guest Country and her student demonstrated Yoga to the Public for 21 days continuously including 108 Surya Namaskar ( Sun Salutations ) , the first kind of official Yoga Event in Saudi Arabia and which was overwhelmingly appreciated by Hon. Sushama Swaraj ji , Gen V K Singh ji ( Hon . External Affairs Ministers ) , Shri. Vinay Sahasrabuddheji ( President , ICCR ) , many Ambassadors and in General and Indian Embassy in Particular . She brought the stalwarts of Yoga to Saudi Arabia for her International online Seminars and

Workshops and Dr. David Frawley , Dr. H R Nagendraji are few among them ..

Yogacharya Soumyaji took formal training YIC in yoga at the S VYASA University, Bangalore . She was introduced to the magical world of Yoga by Guruji Sarat Kumar of Bihar School of Yoga , Acharya Kunjiraman of Patanjali Yoga Centre , Calicut , Acharya Premkumarji of Arya Samaj , H. H . Swamy Chidananda puri Maharaj , Adwaithashram, Kolathur ,Sadu Rengarajan of Bharath Matha mandir , Bangalore ,and under the Guidance and Mentoring of Poojaneeya Guruji Padmavibhooshan Dr.H R .Nagendraji .

Here is a brief account of his educational background is:

- Diploma in Yoga, YIC, QCI ( Level I,II,III)
- B.Com , M.Com , B.Ed ( Calicut University )
- M.Sc ( Yoga Therapy)-Svyasa Yoga University

Ph.D( Yoga) -Pursuing – Svyasa University

YCB Level III( YCB, Ministry of Ayush , Govt.of India )

Diploma in Vedic Rituals and Agnihotra .

Because of her excellence in yoga, the Embassy of India , Riyadh invited Yogacharya Soumyaji as a distinguished Speaker on Yoga and Wellness for the prestigious Pravasi Bharatheeya Divas function and Team member of International Yoga Day Mass Yoga Demonstration under Embassy of India . She taught Practical Yoga, the Gita and Yogasutra at the same for ten years. Since 2015, She has been associated with Samanwaya and Indo Saudi Cultural Organization , Riyadh and other social organizations in Saudi Arabia , for spearheading a yoga and s Cultural movement.

She has travelled extensively to showcase India's Soft skill Yoga as a Soft Power and culture. Her disciples are also spreading the message of yoga through their teachings.

The first Arab Region Yoga Instructors Conference , Dubai by Ayush Ministry and Indian Embassy, Dubai , She was invited as a Special Speaker and Presented two Papers on Yoga as well .

### **Soum Yoga Kriya – An eternal Panacea to the Humanity .**

She developed Soum Yog Kriya, a 60-minute yogic practice to harness body , mind and spirit , enhance metabolisms , faster blood flow and balance emotions and stress levels to create a stress free life . Soum Yoga Kriya is a modern and

effective system of Yoga which is a self directed biological transformation initiative as advocated by Yogacharya Sowmyaji and strictly compliant with Yoga Science , Yoga suthras and and Ashtanga Yoga . This Yog Kriya was designed by Yogacharya Sowmyaji after her profound Yogic Practice of 12 years Yogic experience . It will balance the three doshas of body and Yogic kriyas like Dhauti , Neti , Kapal bhathi ,Nauli , Basthi and Thrataka and few bandhas with Yoga Mudras . It is an eternal panacea of all human issues and problems and ensure a practical yogic life through out ones life . This is Yogacharya's magnum opus to the Yoga Community .