

## Our Motivation

# Shri Minakshi Giri

( Maria from Kazan city ,Russia )

Spiritual guidance from holy mother (Matoshri) based on:

- Sadhu-diksha, received from Hanuman Baba ( Shri Mahant Vinod Giriji ) Shri Panchayati Mahanirvani Akhada (Haridwar, India) - a spiritual path through the practices of asceticism and renunciation of the mundane.
- 15 years of personal practice of yoga, pranayama and meditation
- yoga-sadhanas of the highest stages, performed in caves and mountains, in which the great yogis of the past meditated
- study of mantras and sacred yogic texts, (including translation of mantras into Russian)
- 10 years of experience in simultaneous translation of modern yoga masters, translation and editing of books on traditional yoga and marmatherapy
- 8 years of experience in the formation of an international yoga organization, the creation and accreditation of numerous training programs on yoga and marmatherapy, as well as a line of Ayurvedic products in Russia and Sri Lanka
- 6 years of experience in conducting wellness programs in marmatherapy (vip class)
- Minakshi Giri is a master of marma - the ancient art of healing originally named as Varma-Kalai (studied in India and Sri Lanka)
- Co-founder of two traditional yoga ashrams and unique Shiva temples in Russia and Sri Lanka. One modern concept ashram with unique Shiva temples in India
- organized hundreds of master classes and seminars on yoga and marmatherapy workshops
- dozens of yoga teaching courses, including the trainings of yoga masters in Russia and Sri Lanka
- taught yoga and meditation to hundreds of adults and children in India and Sri Lanka
- musician, composer, author of spiritual songs and music for mantras. Have performed mantras in hundreds of temples in India, personally sung to many famous Teachers and masters of modern time, studying Indian classical music
- Guest of Honor of the Global Yoga Summit 2022 in Bangalore
- Represented Russia at the International Yoga Conference 2023 in Pondicherry (India), became a bronze medalist in the Yoga Asana Demonstration Championship
- Recently completed a 10-month yatra to the holy places of India, visiting a huge number of places of power, caves, temples, yoga ashrams, having passed this path as a sadhu together with the wandering

Himalayan yogi Sri Das Bodh Giri (naga sadhu sanyasi), having received a tremendous experience of spiritual insights

- At the moment, together with Sri Das Bodh Giri is creating an international MahaNirvanaYoga platform with World Meditation Centers in several states of India

- the co-author of the project "Save the Cave", the purpose of which is to protect ancient yogic caves, as the most valuable heritage of yogis of the past, from vandalism and pollution, their arrangement for performing yoga sadhana

- author of online courses

"Protective Mantras for every day" and

"Yoga of Sound: Voice Disclosure through the basics of classical Indian music (Sangita)"

Thanks for visiting our profile.

Om MahaNirvana

You can reach to her through an email

[mahanirvanayoga@gmail.com](mailto:mahanirvanayoga@gmail.com)

and through instagram

sri.minakshi.giri