

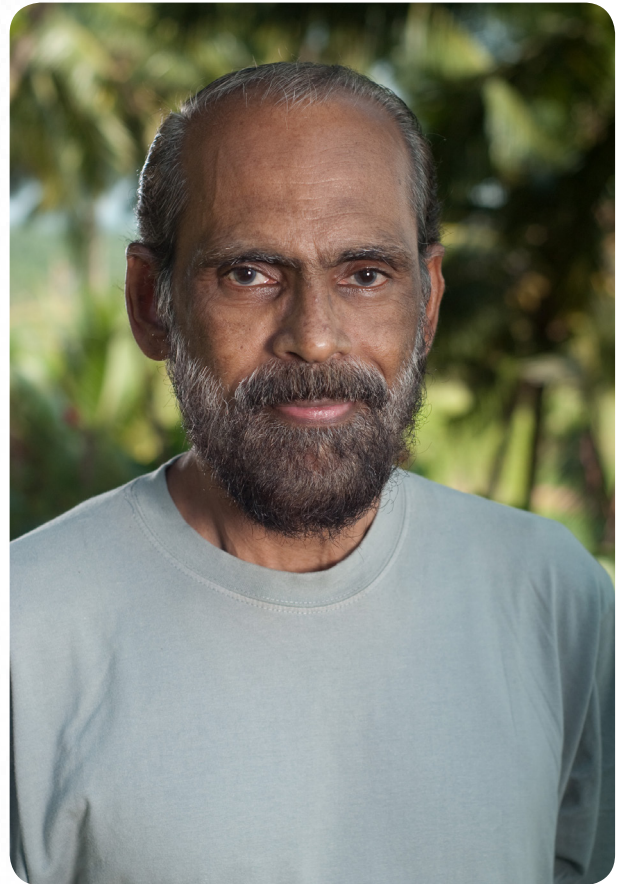
JAMES – YOGA MASTER WITH HEART AND SOUL

He is a Somatheeram phenomenon like the palms and the ocean breeze. James has been a yoga master in Somatheeram for more than 12 years and enjoys great popularity among our guests. Not least because he embodies the peace. However, he almost chose a different career path last year.

Despite his great interest in yoga, James Varghese completed his bachelor of commerce first, but realized quickly that yoga was his only true passion. He obtained a governmental certification in yoga techniques, holistic health concepts as well as stress management, and aligned his future career to these skills. In 2013, he ranked second in the south Indian Yogasana Championship and acquired recognition

Meanwhile 68-year-old James gives traditional Hatha Yoga lessons to smaller groups, as well as individuals. In 2014, we had to get along without him, because James voluntarily committed himself to lead the construction of a retirement home. In this regard, he did a great piece of pioneer work, as retirement homes are anything but common in India. However, his passion for yoga just would not let him go, so he returned to his Somatheeram family and we welcomed him back warmly.

During his 46 years of yoga experience, James identified a specific exercise for himself: For the posture Savasana you have to lay down on the back, the palms facing up, and just relax and gather your thoughts. This exercise releases mental as well as physical tensions, says James. Yoga can be so restful!



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