

# "Through firm devotion to the practice of Classical Hatha Yoga, we teach with the blend of Iyengar, Ashtanga and Vipassana" - Yogacharya Vipal

Sankalpa Yoga is a yoga studio for Classical Hatha Yoga established in Ahmedabad, India. Our expertise is in teaching Traditional Hatha Yoga, Advanced Intensive Yoga and Yoga Therapy for various disorders and conditions. Sankalpa Yog is based on the Yog originated by Himalayan Siddha Masters after thousands of years of research. Our Yoga Therapy techniques involves body, mind, breath and power of self.

Our Yog Shala is in the heart of the Ahmedabad city. Sankalpa Yog Shala is a shrine of Yoga aim to encourage the students discover the ancient Yogic practices such as Yama, Niyama, Yogasana, Pranayama, Pratyahara, Dharna, Dhyana and Samadhi. We integrate these practices in your life for the evolution of your life, awareness, improvement of your self-confidence, peace of mind, flexible & strong body and healthy & younger than before.

Yoga Teacher Acharya Vipal is the founders of Sankalpa Yoga who follow and encourage firm Yogic régime. We provide our complete commitment to the students and expect them to work with equal discipline and sincerity. Future Yogis who intend to transform their lives, intensify their yoga practice and desire to experience the results of Classical Hatha Yoga, are most welcome at Sankalpa Yoga.

*Traditional, Authentic & Pure Yoga Training Experience to every learner is the intention of Sankalpa Yoga.*

## **Sankalpa Yoga Mission**

Sankalpa Yog is a journey towards Golden Path. We heal with Yoga Therapy techniques and help you to be aware about your own inner healing power. At Sankalpa Yoga, we believe to teach Original Hatha Yoga from ancient times followed by great Rishis of India. We let Asana evolve by yourself without altering or touching you. We work with your mind to defeat the fear and achieve great health by self healing.

**“Yogacharya Vipal”**

## **The Originator**

Yogacharya Vipal is the originator of Sankalpa Yoga, Ahmedabad. He has finished 500 Hrs Unified Yoga Therapist Teachers Training from [Atmavikasa Center Of Yogic Sciences](#), Mysore, India.

## **About Sankalpa Yoga**

- ✓ Acharya Vipal is certified Yoga Therapist Teacher from [Atmavikasa](#), which is the **first International Classical Hatha Yoga school of Mysore** with solid teaching experience of over thirty years.
- ✓ Enough teaching experience with more than 50000 hours of self-practice
- ✓ Yoga center of Ahmedabad to introduce Yogasana, Pranayama, Meditation, Kriyas, Bandhas, Sanskrit Mantras Chanting and Yoga Sutras.
- ✓ Centre for Classical Hatha Yoga and Yoga Therapy in Ahmedabad
- ✓ We help people to heal their injuries thru Yoga Therapy
- ✓ We care personally for our every student understanding own's personal need
- ✓ Quite ambience of the Yog Shala in the heart of the Ahmedabad city
- ✓ At Sankalpa Yog Shala, we follow traditional yogic methods rather than modern world's yoga styles
- ✓ We help you to discover self-healing power hidden within yourself, go beyond your limits and win over the fear
- ✓ At Sankalpa Yoga, you learn and grow by practicing accurate and fundamental yoga with 100% focus and discipline
- ✓ We help you to identify your true “self”

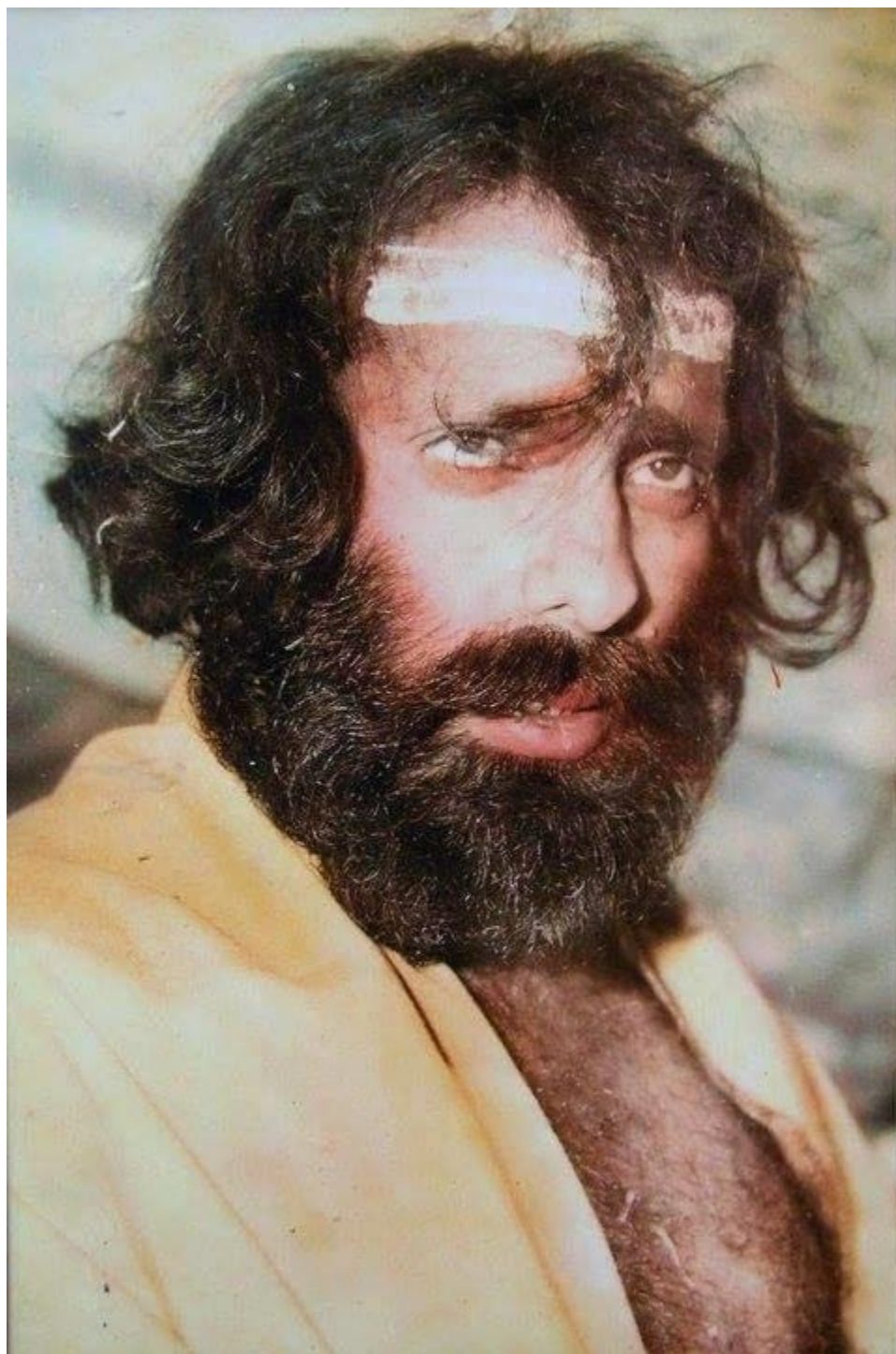
## What you gain after persistent Yoga practice

- Sound sleep
- Energetic body to perform daily tasks
- Flexible & strong body
- Glowing skin
- Peace of mind
- Enhancement of Metabolic age
- Rise in Self-confidence
- Evolution of life

*Sankalpa Yoga takes you to the next level with authentic yoga practice and surprising outcome, which distinct us from the others.*

*Spiritual Guru*

**Maharogi Pilot Baba**



You are a precious, precious being of Nature; A Human Being. There is constant flow of movement within you. You have the capacity to stop and reach to the particular destination. Assimilate all these characteristics of yours and bring them to a point where you can utilize them towards positive direction.

“Mahayogi Pilot Baba”

[Pilot Babaji](#) has lived and studied in the Divine sacred place called Rajeshwori Math in Tibet. This Abode is headed by the Spiritual master name Mahatappa Giri. Pilot baba has lived 16 years in the womb of The Himalayas called Nanda Devi Valley this sacred place is the legendary adobe of Goddess Parvati (wife of Lord Shiva). Goddess Parvati sleeps in the Nanda Ghat mountain and she cares for humanity at Nandakot mountain. Kailash mountain (The abode of Lord Shiva) is near by Kailash in the famous pilgrimage of millions but its secret doors sacred places are only opened for pure souls. The Divine Goddess mother power nurtures and supports saints and sages in their Tappas (austerity).

Pilot Baba’s biography is a journey of transformation from being a Pilot in the Indian air force to being an Enlightened master of truth. Pilot Baba has become a legend of the Himalayas himself. He has experience and performed all forms of samadhi. Samadhi is the experience of oneness with all of life and divine creation. He has performed extreme death-defying feats such as being buried alive but surviving and thriving. Pilot Baba was taught by the Great masters Mahatappa. He has lived with Maha Avtar Baba(also known as Hediakhan Baba). Pilot Baba has lived with mysterious Great Masters who defy high altitudes and live miraculous lives such as Lautaria Baba, Sitaram Baba, Mohandas Baba, Sombari Baba and Paramhans Avdot Baba. Some of the places where these sages have lived are now powerful sacred temples open to the public. So many of their abodes are still secret and mysterious places of miracles.

## *Yogmata Keiko Aikawa*



It is "Discovery of your own truth, divine identity". Living in the divine and merging within the whole. Nothing but feeling of "ONENESS" emerges in you. To know oneself through Samadhi is to meet one's true Self, it is the beginning of knowing Consciousness.

“Yogmata Keiko Aikawa”

[Yogmata Keiko Aikawa](#) is the first non-Indian woman to realize the ultimate state of samadhi. Since the 1970s, she has developed and organized what she calls Aikawa Yoga, and is working to spread this yoga in Japan. Her love of humanity has also led her to understand three things: the essence of human beings; that it is possible to show them the power of self-healing; and that human beings can transmit anugraha shakti to heal others.

In 1985, Yogmata Keiko Aikawa met the legendary great master, Hari Baba. Since then, she has undergone austere and rigorous training at altitudes of between 5,000 and 6,000 meters in the Himalayas. This training quickened and strengthened her mind and body and, under the guidance of Hari Baba, it took her a relatively short time to attain samadhi.

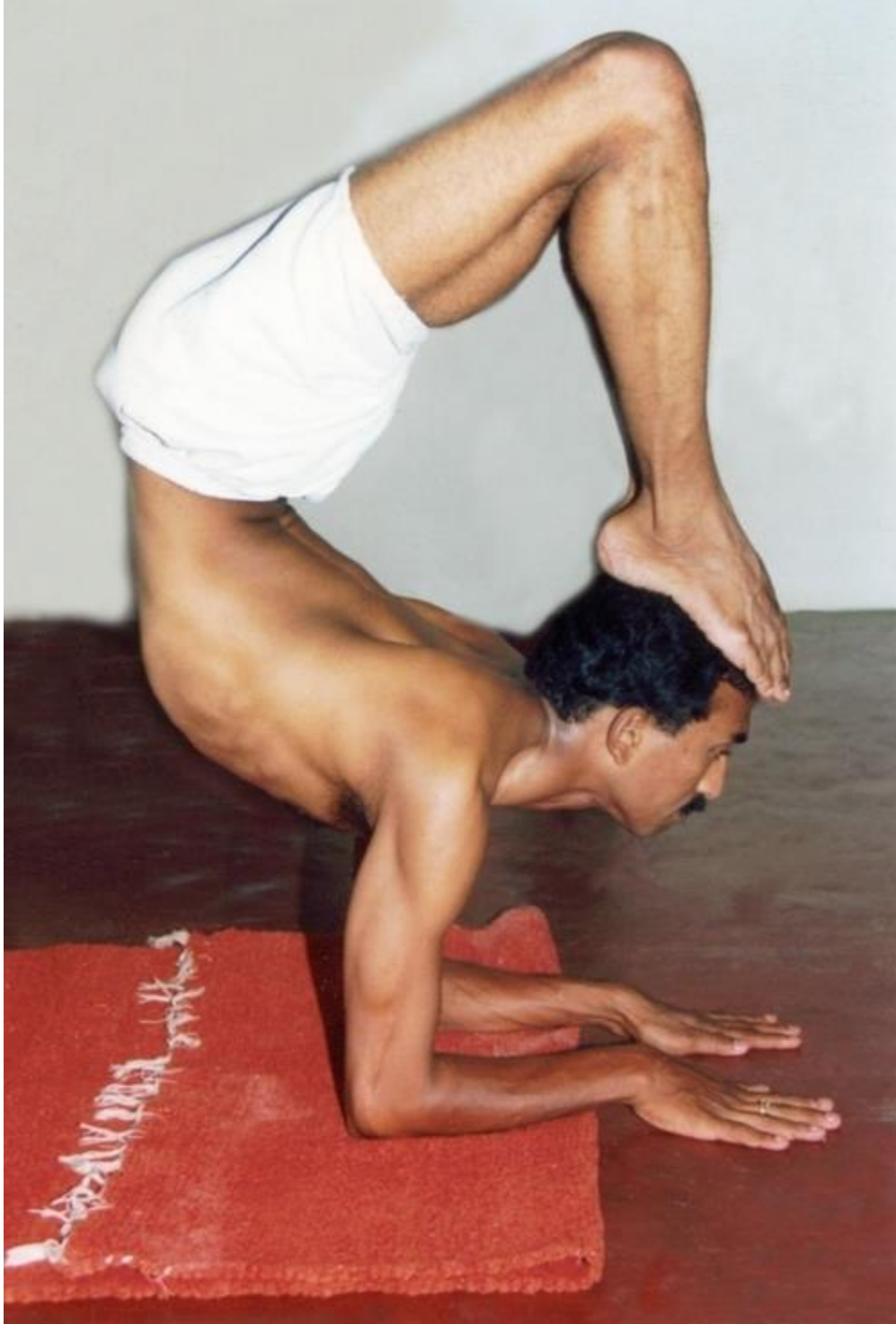
Between 1991 and 2007, Yogmata Keiko Aikawa publicly demonstrated samadhi on a total of 18 occasions to inspire and uplift human consciousness so that world peace might be

achieved. In the process, she attained ultimate enlightenment, merging her entire being with the Oneness of God.

Her tireless contributions to helping humanity have resulted in foreign government's acknowledging her efforts. In 2007, she received the title Mahamandaleshwar (the Supreme Master of the Universe) from Juna Akara, the largest spiritual austerities association in India. Some of the donations given her have gone to charities in India for ambulances and humanitarian care.

Yoga Guru

*Yogacharya Venkatesha*





Whether the asana is basic or advanced, the mind should always be in meditation. That is the true essence of Yoga.

“Yogacharya Venkatesha”

[Acharya Venkatesha](#) has been a dedicated practitioner of Yoga for over thirty years now. His life is as amazing as his practice. Naturally, he won all the prestigious competitions including the National Gold Medal. He also won the fabled "**Yoga Samrat**" crown. This competition not just any competition.

They started the first Yoga Teachers Training ever in Mysore in 1997. Inspired by the success, suddenly many teachers started to *follow the trend again*. [Atmavikasa](#) was the **first International shala** in **Mysore** to offer so much more than just Asanas.

Acharya Venkatesha always had the ingredients of a great teacher. Just like his idol BKS Iyengar, he was highly disciplined, knowledgeable but also very strict. His experience in internal practices as well as self-healing, manifested in his teachings as well. It transformed him from a Teacher to a Master. Today, he is known as "**The Teacher of the teachers**" and someone who can help students transform their body, mind and lives.

## Acharye Hema



Born in a traditional Iyengar family with a strong background of Sanskrit and Philosophy, [Acharye Hema](#) has deep spiritual roots. Having a very strong yet sensitive mind, she started the study of Indian Philosophy and Bhagavadgeeta at the age of 5. She got deeply inspired by the life of the Great Master Swamy Vivekananda, and started the practice of Yogasana at the age of 12 with Acharya Venkatesha. For the next few years, Hema's spiritual education progressed in the multiple dimensions of Asana, Meditation, Sanskrit and Philosophy. Apart

from this, due to the interest in the composition and functioning of the human body, she undertook a serious study of anatomy.

By the time she was 15, Acharye Hema had excelled in the practice of Asanas. She was never too interested in the competitions- but, participated in them as a learning experience. She won many championships but the critical knowledge of Asanas she gained through that experience was her real takeaway.

Apart from being an excellent Teacher, Hema is also the Creative Head and student co-ordinator of [Atmavikasa](#).