

## **Bhaskar Goswami: BODHI + daana founder, embodiment specialist**

From Assam, India, Bhaskar was born into the yogic tradition. He comes from the lineage of Vasishtha, who is considered to be one of the founding fathers of this ancient practice. He has been deeply involved with the practice of yoga since the early 90's. He is a certified teacher of traditional hatha yoga and a specialist in employing the principles of yoga for the modern lifestyle.

As a senior yoga and meditation teacher, [Bhaskar Goswami](#) has led numerous international retreats and is an acclaimed speaker, having presented in prestigious organizations and events like COP22 (UN Global Climate Change Summit, Morocco). He has been trained at the Transcendental Meditation School in India, by Yogacharya (Master of Yoga) Nandakumar in Kuwait and by Yogacharya Sriram, the Sivananda Yoga Vedanta and Vipassana Meditation Center in Canada.

In 2007 he founded **BODHI**, [www.bodhiprinciple.com](http://www.bodhiprinciple.com), a multiple award-winning company dedicated to offering genuine wellbeing to people in homes, businesses, schools and special care places such as in prison, addiction centers, rehabilitation facilities and elderly homes. He is a specialist in establishing in-house organizational wellness programs.

In 2015 he founded **daana**, ([www.globaldaana.org](http://www.globaldaana.org)) a CBC Award Winning non-profit organization offering contribution-based wellness activities around the world.

Bhaskar has also published two international albums, [Open Yoga](#) and [Wisdom Stories](#), and is the author of [Wisdom Stories - Book 1](#).

Bhaskar Goswami has a Masters Honors in Electronic Engineering from the University of Nottingham (England) and a 10-year international engineering career. This has allowed for a strong understanding of the methods and benefits of mindful living in an urban environment.