



## Sensei Sandeep Desai

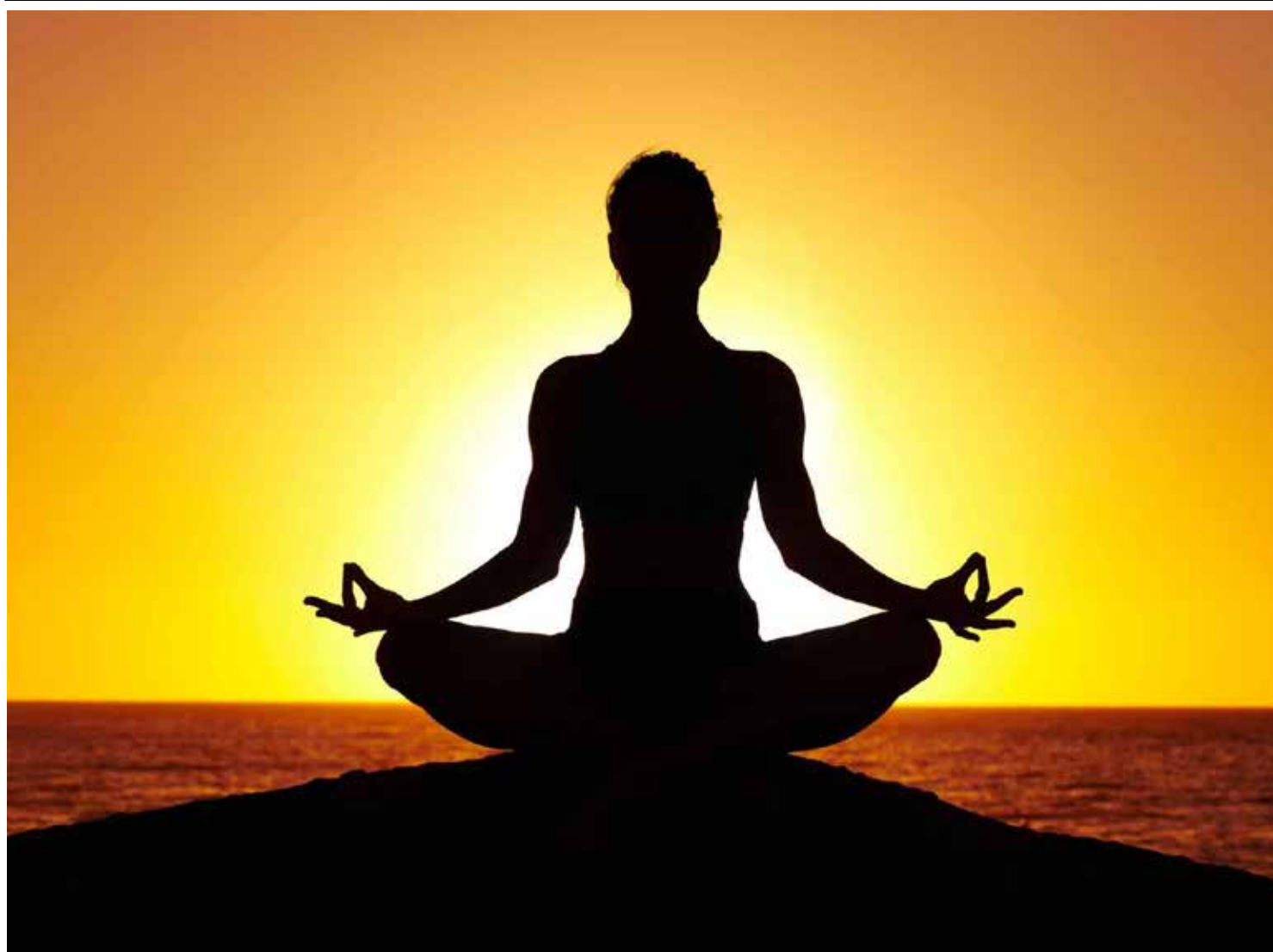


Sandeep Desai is a master of T'AI CHI, ASHTANGA YOGA and MARTIAL ARTS having several international accolades to his name

5th Degree **Black Belt** in KARATE from **Okinawa, JAPAN**



Sensei Sandeep Desai has trained arduously and extensively in Chenjiagou village, the birthplace of T'ai Chi in China. He is the **First Indian** to be authorized by Chinese Grandmaster Zhu Tian Cai to teach the original Chen Style T'ai Chi in India.



Teaching ASHTNGA YOGA and received training from the lineage holder **teacher at the world renowned KPJAYI yogashala at Mysore**



ACHIEVEMENTS

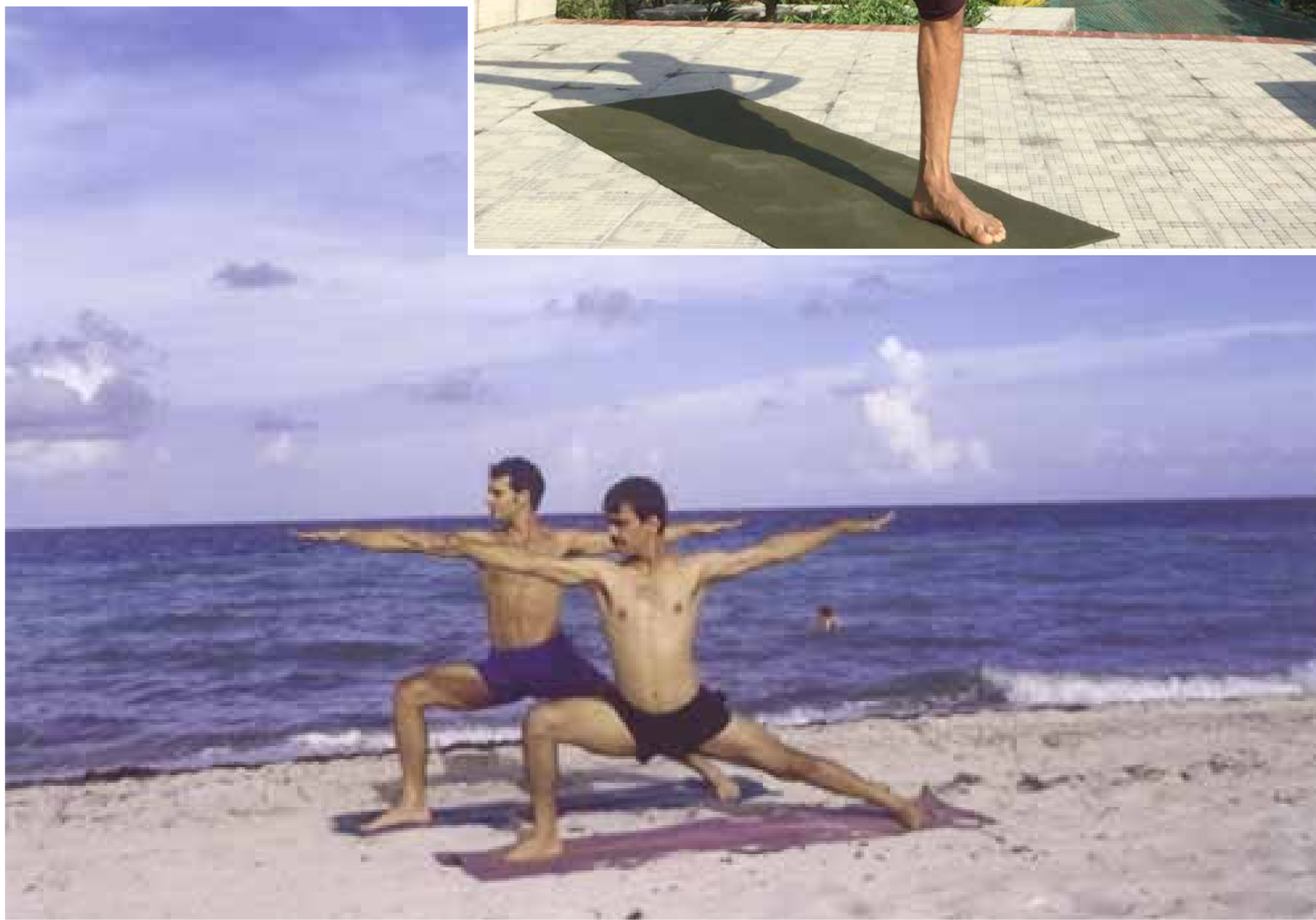
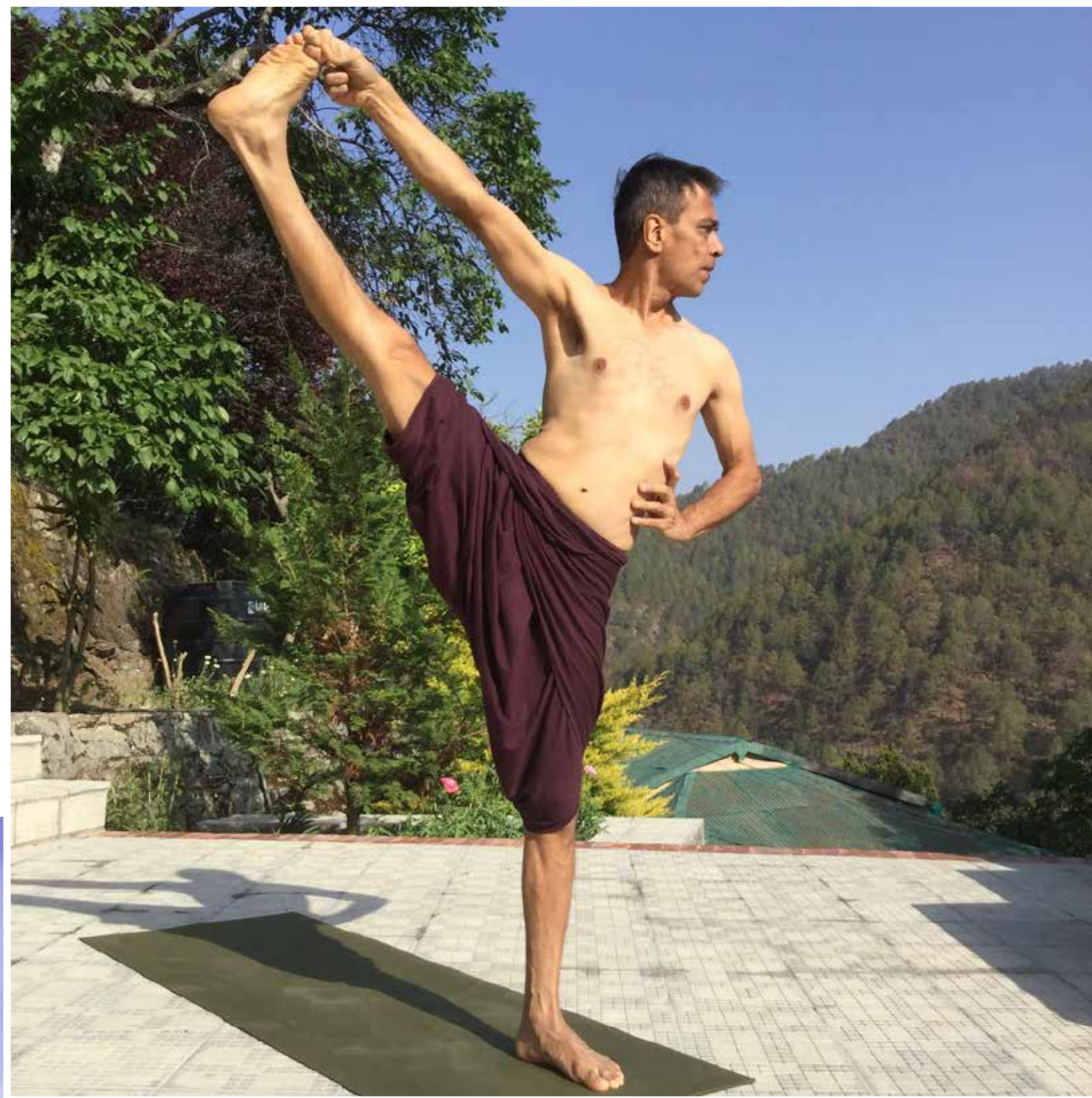




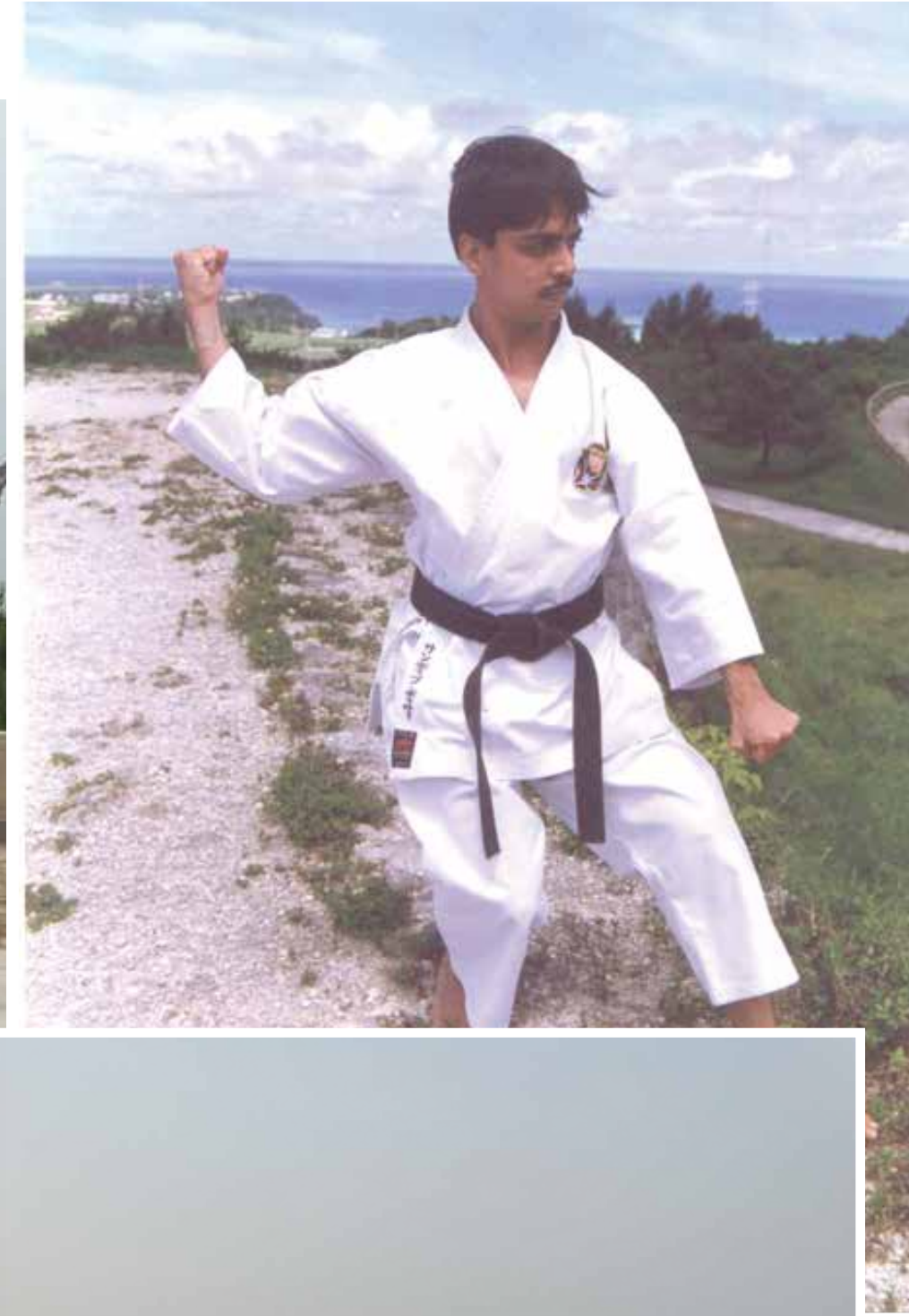
Sensei Sandeep Desai has successfully completed the 'Full Time Training' under the strict supervision of **Grandmaster Chen Zhonghua**, the Standard Bearer of the Practical Method of Chen Style T'ai Chi.

Sensei Desai holds 5th Degree Black Belt in Okinawan Shorin-Ryu Karate, acquired in Okinawa, Japan and he has been a full-time teacher of the martial arts for over **30 years**.

Sensei has dedicated **20 years** to the regular practice of **Iyengar Yoga**. In the recent times, having received training from the lineage holder Saraswathiji, a daughter of Shri at the world renowned **KPJAYI at Mysore**, he now devotes his time teaching Ashtanga Yoga.

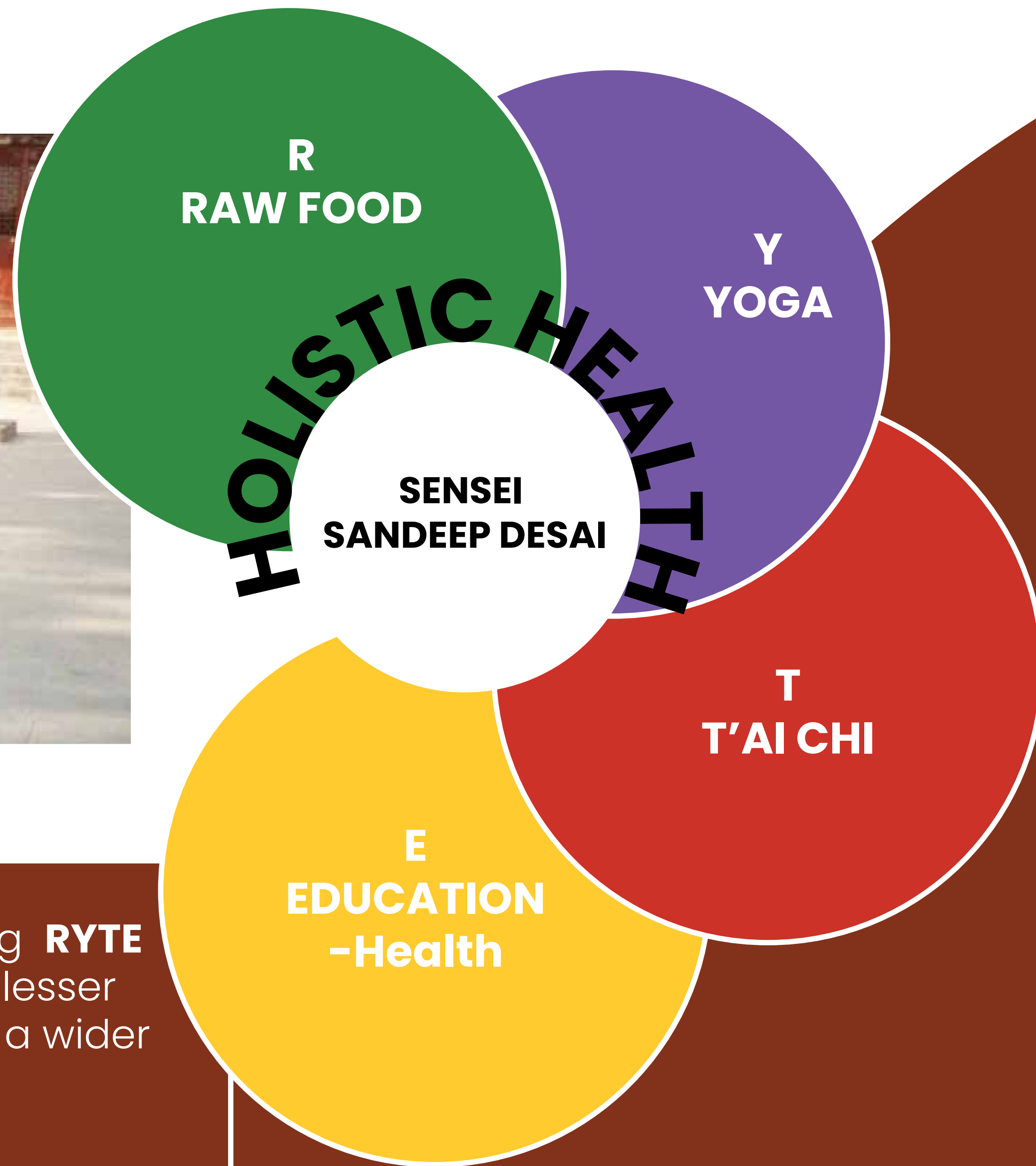








The Sensei won the silver medal in the First International Chen Style T'ai Chi Tournament at Singapore in December 2005. He also won the bronze medal in the First World Traditional Wushu Tournament in 2004 held at Zhengzhou city, China, under the 30-45 year category



The Mumbai-based Sensei has a vision of promoting **RYTE Society**- Raw Food, Yoga, T'ai Chi, Education and the lesser known but immensely beneficial martial art among a wider mass of people.

VISION



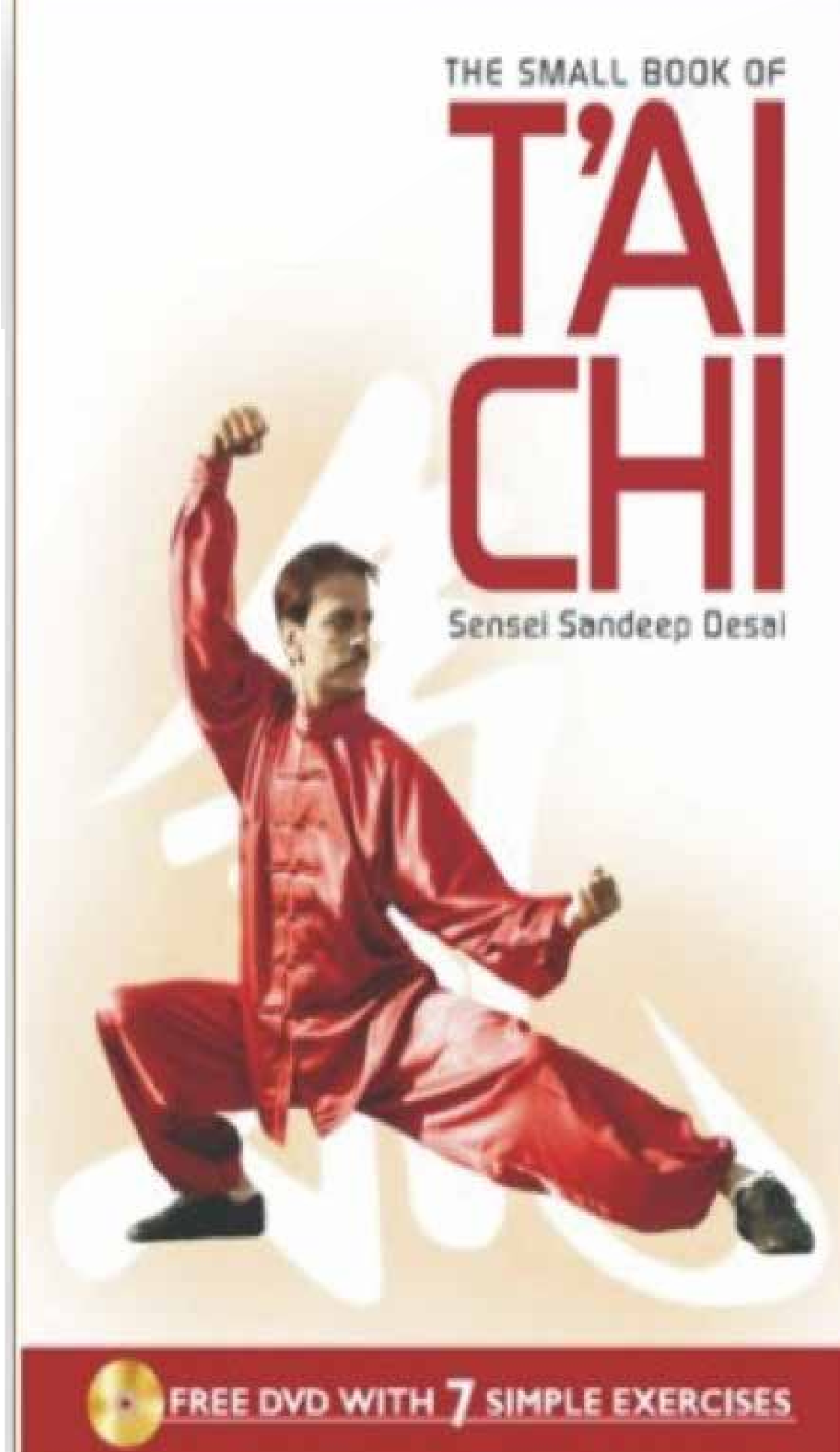
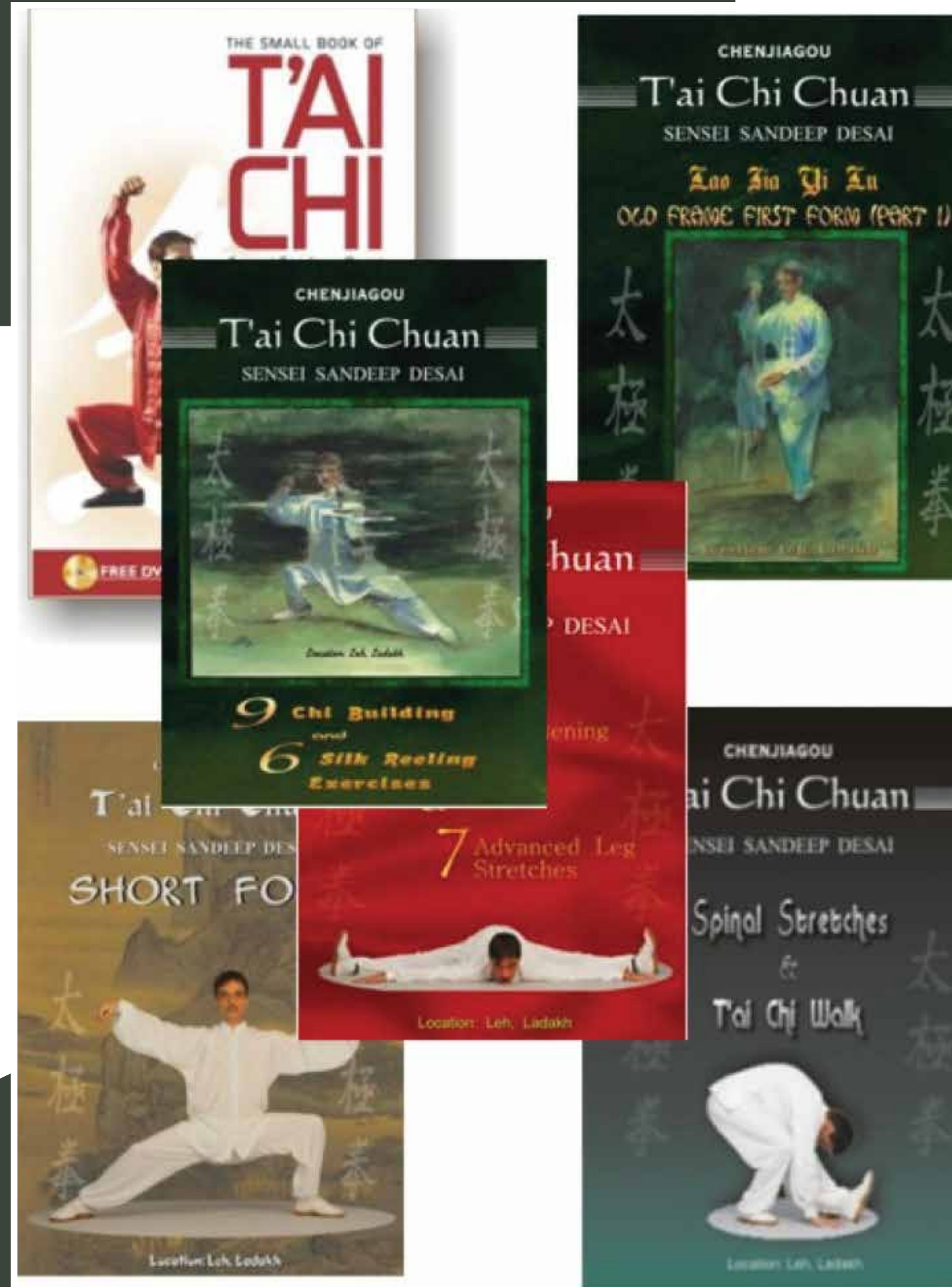


# PUBLICATION



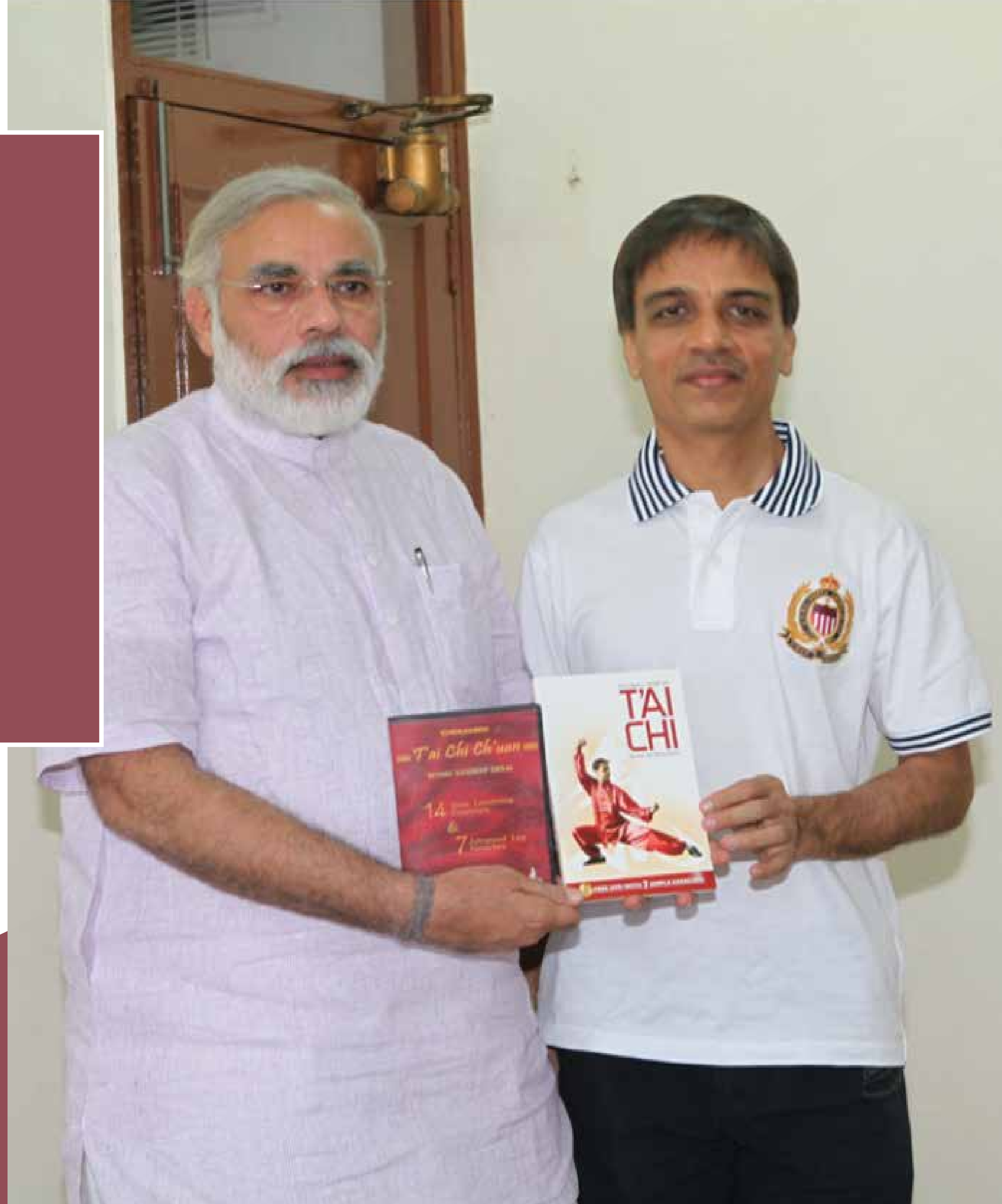
Sensei Desai is the author of 'The Small Book of T'ai Chi', and writes regularly for the popular 'Speaking Tree' column in The Times of India.

T'ai Chi instructional DVDs produced by Sandeep Desai are released by Times Music.



The book has received rave reviews in all the leading publications including the Times of India, DNA, The Telegraph, Gujarat Samachar and Mumbai Samachar

Sensei had the unique privilege of being felicitated by Shri Narendra Modi, then Chief Minister of Gujarat for making a significant contribution in the health and wellness sector in India.



"Excellent book and even better video."

– **Dr. Dilip Nadkarni, Orthopedic Surgeon**

Ooh! La! La! What soft, silky, flowing movements! The beautiful, petite, charming Sangeeta Kathiwada and extremely relaxed Sensei Sandeep Desai, are they meditating in dance or dancing in meditation?"

– **Rashmi Uday Singh, Indian Express**

"I am really enjoying your lovely book. Well done!"

– **Ayesha Dhrangdhara, a long-standing Iyengar certified yoga teacher**

"I've gone to Sensei Desai's class feeling feverish and come away feeling refreshed, relaxed and rejuvenated. It was the form and grace of his fluid movements that first attracted me to T'ai Chi and slowly when I became aware of its philosophy, I appreciated it totally."

– **Sangeeta Kathiwada, fashion designer and owner of Mélange, Society**

"The Sensei who initiated me into his fold, is truly a silent warrior; slender in body, powerful within; gentle and yielding, yet firm in his conviction. There is a passion about him, which gives vent to the stealthy and magnetic flow of his movements, powerful, almost ballet-like in style, scripting a meditation in motion."

– **Shambhavi Lorain Chopra, author of 'Yogini'**

"Channel [V] had a special show featuring T'ai Chi expert Sandeep Desai. I watched him practising T'ai Chi with so much calmness that I got intrigued."

– **Purab Kohli, actor**

"I'm a very hyper person. So although beneficial, yoga proved to be too gradual a remedy for me. I found my level in Sensei Sandeep Desai's T'ai Chi class. T'ai Chi movements never allow you to stagnate."

– **Sushma Reddy, actress**

"I'm mesmerised by T'ai Chi. T'ai Chi has calmed me tremendously. I have observed a noticeable improvement since I started T'ai Chi a year ago. Thank you, Sensei, for being not only a patient and inspiring teacher but also a good human being."

– **Jennifer Mirza, Executive Producer, Saeed Akhtar Mirza Productions**



# TESTIMONIALS

“The more you eat, the less flavour; the less you eat, the more flavour” — Chinese Proverb

# THE SPEAKING TREE

A TIMES OF INDIA PUBLICATION <http://www.speakingtree.in> SPIRITUAL PROMOTIONAL FEATURE | MUMBAI, SUNDAY, DECEMBER 4, 2016, PAGES: 8 PRICE ₹3.00

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**BRIEFLY**

### Cuneiform Cookies

Kary Blackland had an idea when the office holiday party rolled around last year. As keeper of Near Eastern Cuisine at the University of Pennsylvania's Museum of Archaeology and Anthropology, she works with cuneiform clay tablets inscribed with ancient pictograms from languages such as Akkadian, Hebrew and Egyptian. They look just like governmental cookies, she thought. And really, who doesn't want a little ancient clay tablet for dessert? Thus was born the latest treat in the delightful world of cuneiform...

# GREAT Lifestyle

**A diet of fresh fruits and vegetables is one of abundance, declares tai chi master SENSEI SANDEEP DESAI, speaking from personal experience**

**B**orn into a vegetarian family, I grew up on a diet that included fruits, vegetables, grains, legumes, nuts and dairy products. Healthy enough, you might say. However, four years ago, I was struck down with hypertension, which meant I was continuously running a fever and was losing weight. Determined to overcome this, I looked for solutions and enrolled in a small allopathic course which left me with the resolve of investigating every arm of medicine.

As a first step, I consulted a nutritionist who was an advocate of the vegetarian diet. She pointed out that every food we eat leaves behind a residue, from fats from rice like amino...



CHI is a form of relaxation. Most of our thoughts are directed to our past or future events. We are always sprinting. There is no space for us to connect spiritually. People are simply dragging themselves; there is no joy left due to the heavy competition. Tai Chi helps you to both relax and reflect. It centers you to use all your concentration and gives you the ability to concentrate on your present. Even during sleep your mind is not at rest, with Tai Chi you are able to achieve the unification of both body and mind at the same time, its mind over matter. Tai Chi is a wonderful form of exercise it's not a quick fix. You need a teacher to walk the talk who is your source of inspiration. The rage has Thai chi is infinite. It also has a powerful effect on a variety of ailments from heart condition to obesity. It also strengthens your bones due to stretching and spiraling. It increases your breathing capacity and relieves you of stress. You start getting benefitted from day one. It is extremely peaceful and interconnects body, mind and nature. It has stood the scrutiny of time, its an ancient Chinese internal martial art.

### 06 PRACTISE

THE SPEAKING TREE MUMBAI, AUGUST 9, 2015

#### LEARNING TREE

### Content & Happy

There was a farmer in Africa who was happy and content. He was happy because he was content. He was content because he was happy. One day a wise man came to him and told him about the glory of diamonds and the power that goes with them. The wise man said, "If you had a diamond the size of your thumb, you could have your own city. If you had a diamond the size of your fist, you could probably own your own country." And there he went again. That night the farmer couldn't sleep. He was unhappy and discontent. He was unhappy because he was discontent and...



# Dynamics At Dawn

A simple way to begin your day on the right note is by offering salutations to the sun, giver of energy and life, writes SENSEI SANDEEP DESAI

**A**re you new to yoga? If you are, then a good way to start your practice is with Surya Namaskar. When you are pressed for time, Surya Namaskar is all you need to do to get through the day, provided of course you have no physical condition that prevents you from performing it. It is a good idea to first consult your doctor and then learn the asanas from a trained yoga instructor so you do it correctly and voluntarily.

When performed daily, Surya Namaskar can invigorate the body, helping you to develop a sense of being grounded. It's traditionally done at dawn, before the mind gets busy with the day's activities.

The dynamic movement of the Surya Namaskar root you, so you can continue to grow and flourish from this foundation. In addition to its several health benefits, Surya Namaskar increases the awareness of your hand/feet or subtle internal locks, thereby enabling you to keep your energy con-



After this move you relax into the Adho Mukha Svanasana or downward facing dog posture and take five deep, steady long breaths. This pose is a rest posture. Then you look forward and step to the front. Lift your spine and look up. This is a repeat of the third step. Now

### 06 PRACTISE

THE SPEAKING TREE MUMBAI, MAY 18, 2014

#### LEARNING TREE

### Be Detached

**Be Detached**

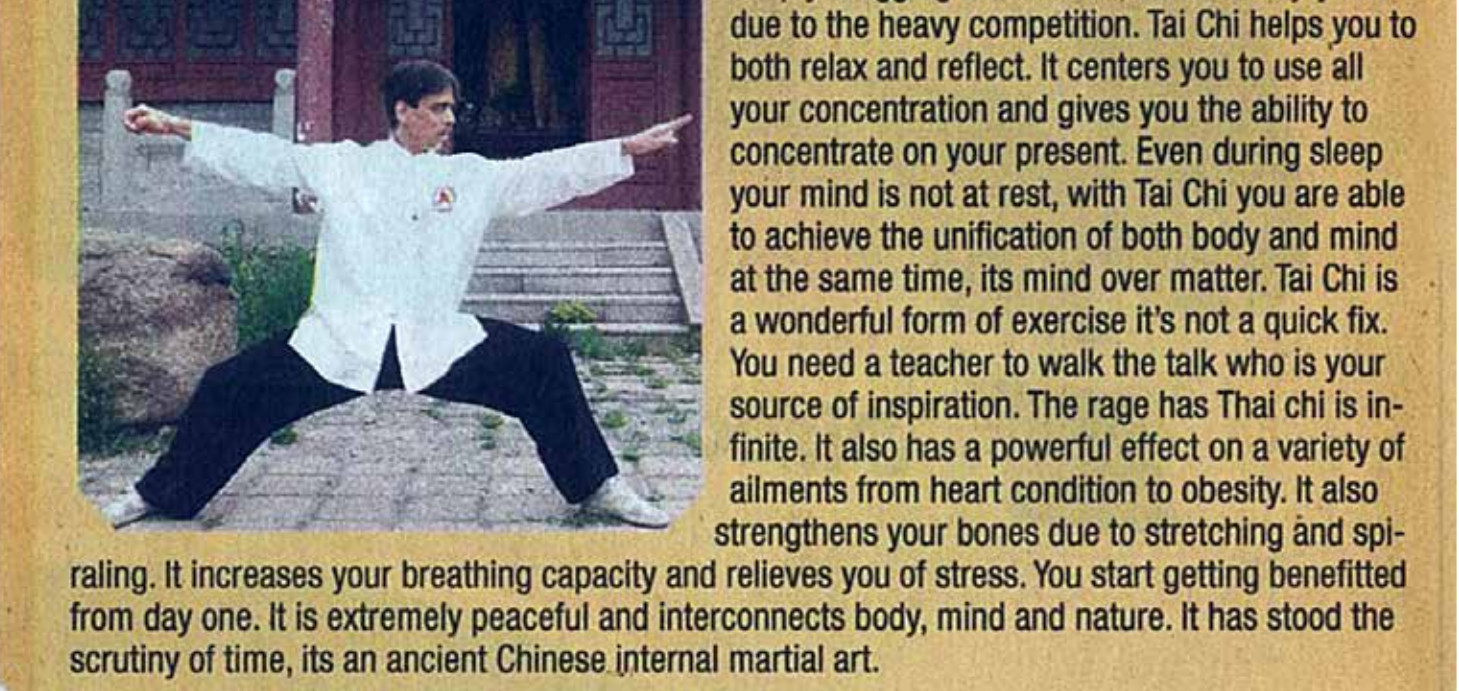
A former friend of mine had a hard day after yoga. After yoga he was sad, his heart was heavy. And yet, one day he couldn't help but ask himself, "Why am I working so hard? Life is meaningless and boring. Why is my life leading?"

Shortly afterwards, a monk came to his house to ask for alms. The monk looked fit and happy, which deeply impressed the former friend.

Being a monk and having an unworldly life seemed admirable. The former friend made up his mind to get up early every morning and become a monk.

At 5:30 as he left his house, he suddenly felt how empty his hands were. He was in a state of looking at life in his hands that without the he, he was fit a little life. Therefore, he went back to his house and found out that he and tried hard to think of what he could do with it. It was a five day. The shag was smooth and shiny from daily use.

It would be heartbreaking to throw it away. "Okay, then," he thought, "I'll use it up and put it away." He found a screw piece in the house to hold it. Now everything was settled. With his mind at rest, the former friend felt that he could be a true monk. However, he couldn't resist thinking of his hoe whenever he came across open public fields. Every now and



SENSEI SANDEEP DESAI, WHO IS CREDITED WITH BRINGING AND INTRODUCING THE ORIGINAL CHEN STYLE TAI CHI CHUAN (PRACTICAL METHOD) IN INDIA, SAYS:

**T**ai Chi is a form of relaxation. Most of our thoughts are directed to our past or future events. We are always sprinting. There is no space for us to connect spiritually. People are simply dragging themselves; there is no joy left due to the heavy competition. Tai Chi helps you to both relax and reflect. It centers you to use all your concentration and gives you the ability to concentrate on your present. Even during sleep your mind is not at rest, with Tai Chi you are able to achieve the unification of both body and mind at the same time, its mind over matter. Tai Chi is a wonderful form of exercise it's not a quick fix. You need a teacher to walk the talk who is your source of inspiration. The rage has Thai chi is infinite. It also has a powerful effect on a variety of ailments from heart condition to obesity. It also strengthens your bones due to stretching and spiraling. It increases your breathing capacity and relieves you of stress. You start getting benefitted from day one. It is extremely peaceful and interconnects body, mind and nature. It has stood the scrutiny of time, its an ancient Chinese internal martial art.

# UR OK, I'm OK

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### CHINESE CONNECTION

TAI CHI, WHICH HAS SLOW BALLET-LIKE EXERCISE MOVEMENTS, IS EASY TO FOLLOW AND CAN BE PRACTISED BY ALL AGE GROUPS, RIGHT FROM A SEVEN-YEAR-OLD TO A 70-YEAR-OLD. IT ALSO HAS FAST RESULTS. SAY EXPERTS

**H**usband and wife duo of Tai Chi practitioners in India. This Chinese-origin exercise is an ancient form of meditative workout. While it is a relatively new concept in India, its popularity is growing quite fast among health-conscious people. Tai Chi is becoming an extremely popular exercise, not only among martial arts enthusiasts but also among the general public. This is because unlike other martial arts, which involve quick and aggressive movements, Tai Chi has slow-flowing movements and subtle shifts of balance. To an observer, it looks like a beautiful combination of martial arts and ballet," reveals Divya Gupta, Vice President, Nutrition & Sports and Fitness consultancy firm. It started as a pure martial art for self-defence. But over the years, Tai Chi has evolved into an exercise regimen for general fitness, relaxation and reduction of stress. It is practised by millions of people around the world and can be recognised by its slow, spiralling movements. "It has a dance-like feeling to it, which is very graceful. Like yoga, breathing plays an important part in it. You can call this Chinese yoga. But while some yoga asanas are difficult to do for a beginner, the exercises of Tai Chi are very easy to follow and can be done by everyone, right from a seven-year-old to a 70-year-old. That is how faster results than yoga," believes Arti Kumar, who has been practicing Tai Chi for the last 12 years. This ancient Chinese tradition involves a series of movements performed in a slow, focused manner.

### Trim N Tone

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### DR SUBHASH AGAL

senior Gastroenterologist of Kolkatolun Dhruvrai Ambani Hospital and Medical Research Institute, tells Kavita Naik how one can avoid monotonous-related diseases with a little bit of caution

MONOTONOUS DIET CAN BE DANGEROUS

DR SUBHASH AGAL, senior Gastroenterologist of Kolkatolun Dhruvrai Ambani Hospital and Medical Research Institute, tells Kavita Naik how one can avoid monotonous-related diseases with a little bit of caution

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### DR SUBHASH AGAL

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### 06 PRACTISE

THE SPEAKING TREE MUMBAI, MAY 18, 2014

#### LEARNING TREE

### A Solitary Journey

**A Solitary Journey**

**Be faithful to that which exists within yourself** — Andre Gide

**M**editation for me is a journey that is both solitary and yet profoundly connected to the world. It is a journey that is both solitary and yet profoundly connected to the world. It is a journey that is both solitary and yet profoundly connected to the world.



SENSEI SANDEEP DESAI says no teacher can help you meditate unless you make the effort first, from within

# ARTICLES





# 2018

## INTERNATIONAL YOGA FESTIVAL

[www.InternationalYogaFestival.org](http://www.InternationalYogaFestival.org)

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**Sandeep Desai**



## ORATION


Most recently Sensei Sandeep Desai was invited as a presenter to spread the essence and wisdom of T'ai chi and Ashtanga yoga which received a fabulous response at the International Yoga Festival 2018, in Rishikesh, which saw 1,500 people from 97 countries.

# SENSEI SANDEEP DESAI

Master of T'ai-chi,  
Yoga and Martial Arts

He was felicitated as an eminent speaker for a TEDx event that was organized by MNNIT Allahabad.

Sensei has been recently featured in the Incredible India campaign that will be seen across many parts of the world.

A black and white photograph of Sensei Sandeep Desai in a Tai Chi pose, with his right arm raised and hand near his head, and his left hand on his hip. He is wearing a dark jacket over a striped shirt.

"Changing internal environment brings about space in your mind that often acts as a precursor to sudden problem-solving insights. We often find ourselves in a situation where we work hard on a complex problem all day and can't quite work out what to do about it. After a good night sleep, however, the solution seems to jump into your mind out of nowhere."



# COLLABORATION

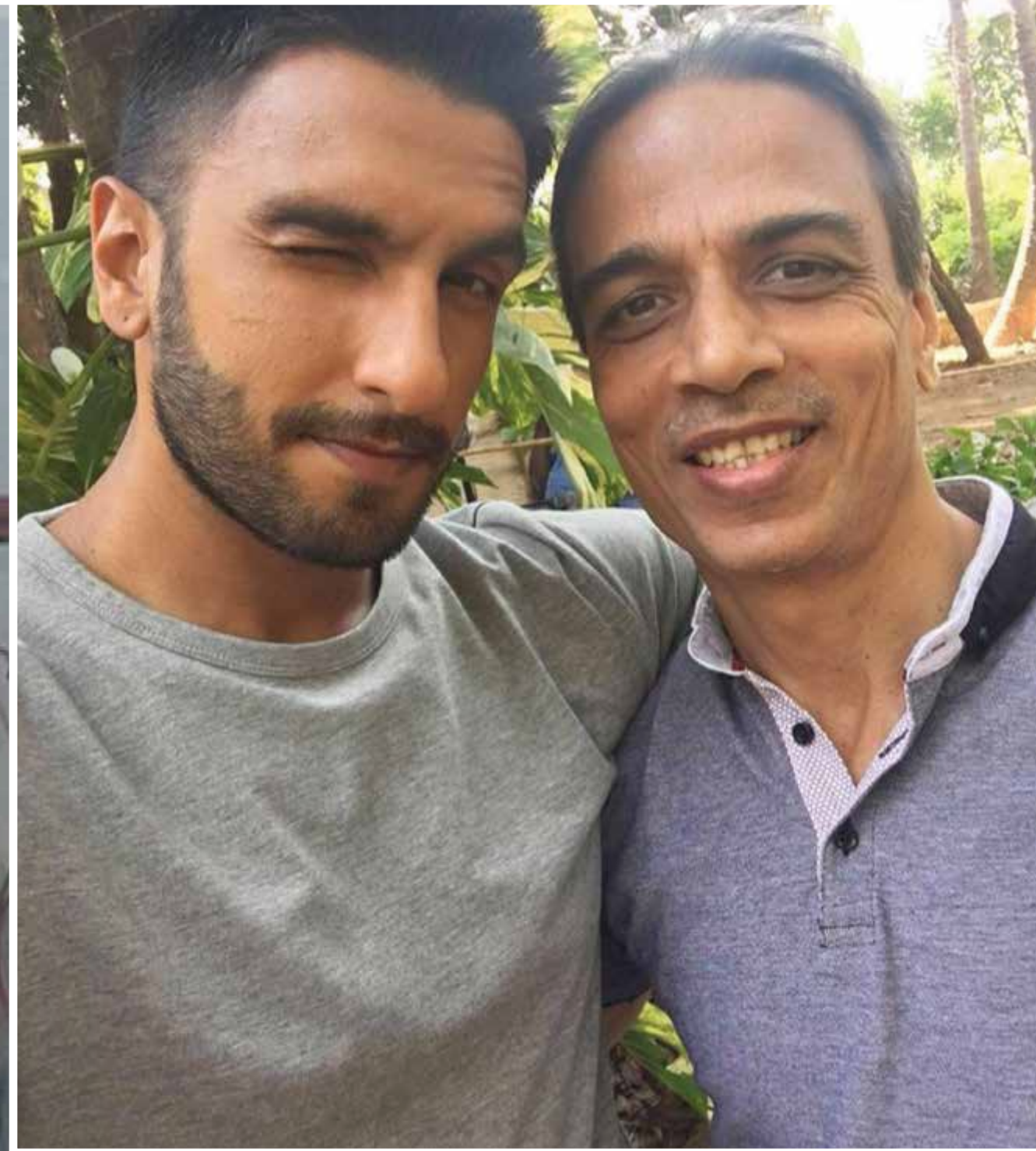
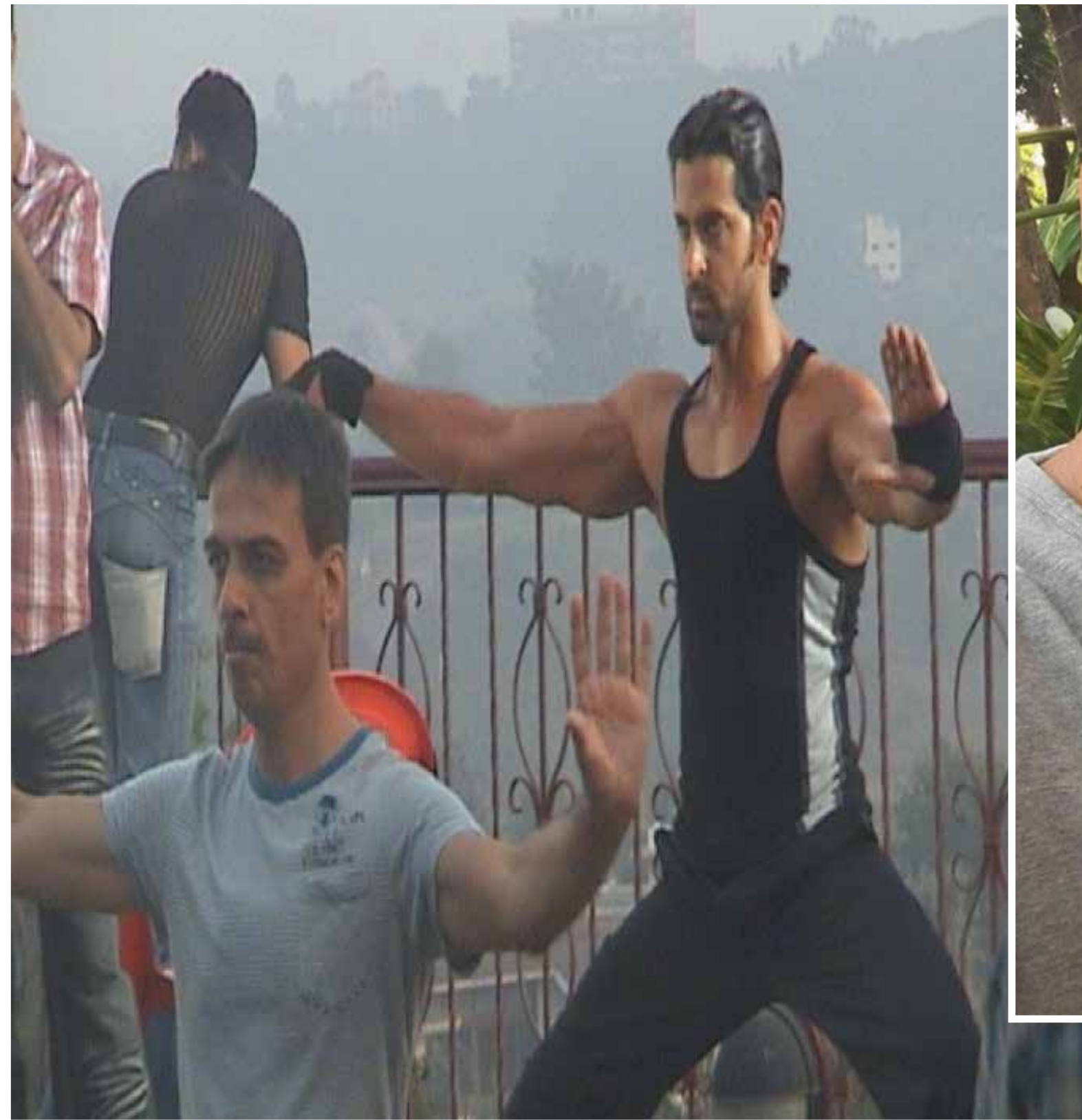
## Workshops held for corporates & educational institutions:

- Siemens
- TATA Motors
- Aditya Birla Group
- IITs (Indian Institute of Technology)
- IIMS (Indian Institute of Management)
- AAI (Airport Authority of India)
- Jindal Steel Works
- Reebok
- Reliance Money
- Johnson & Johnson
- Bharat Petroleum
- Times of India
- Western Naval Command
- Central Railways
- Crossword
- Help Library - Mumbai
- Magna
- NCPA
- Melange
- Indus
- YPO (Young President Organization)
- Brahmakumaris Abu

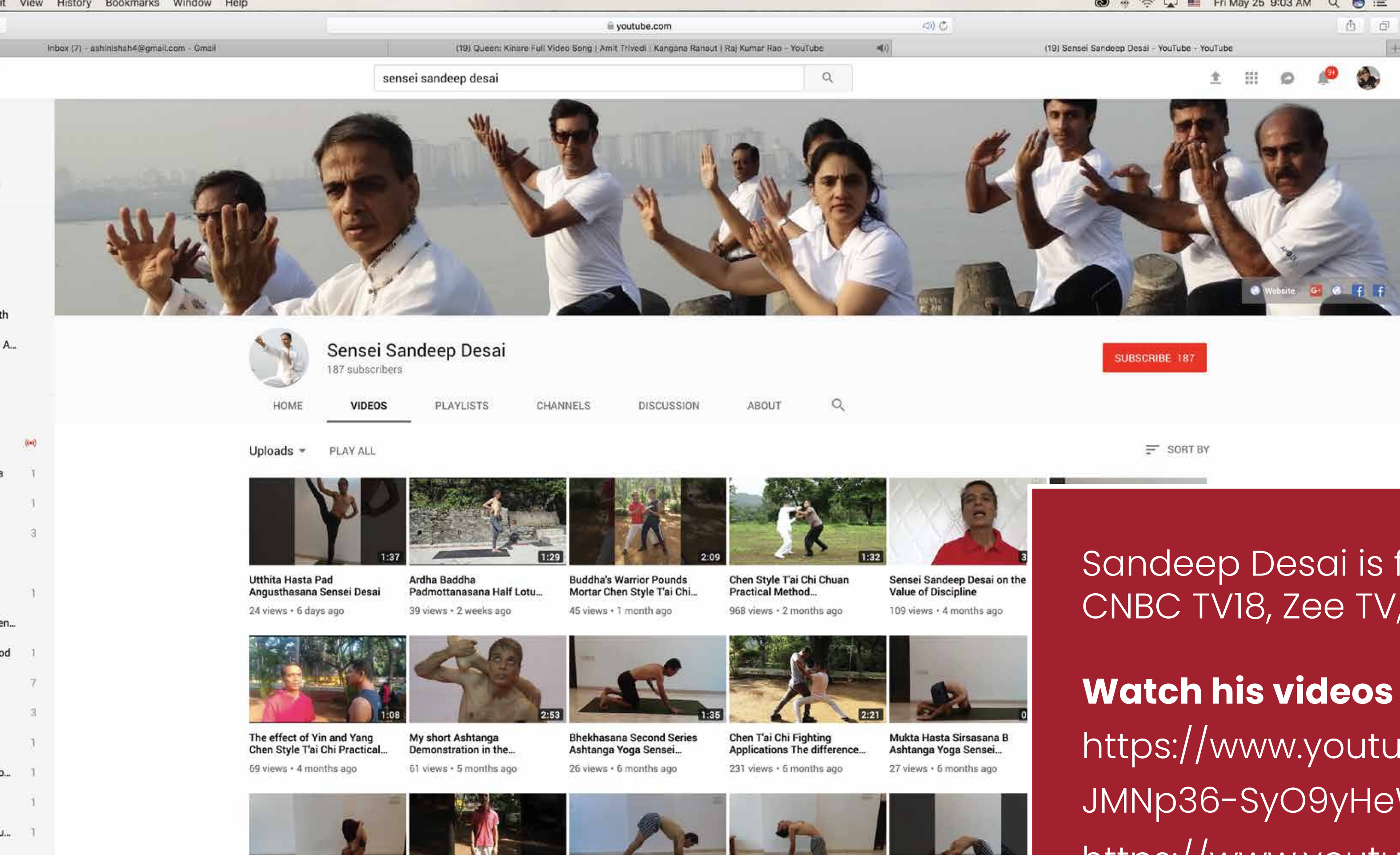
Joining hands with Neurologist Dr. Shirish Hastak, Sensei has conducted workshops for T'ai Chi stroke patients in Lilawati Hospital and held similar workshops for cancer patients in Hinduja Hospital and Apollo Hospital in Chennai, to spread the awareness of Therapeutic benefits of T'ai chi moves.



He has taught celebrities such as Hrithik Roshan, Rajat Kapoor, Sunil Shetty, Vivek Oberoi, Purab Kohli, Madhu Sapre, Well-known personalities such as Columnist Rashmi UdaySingh, Sangeeta Kathiawada, Laxmi Nair and Shashikant Garware have learnt from Sensei on one-on-one basis.







Sandeep Desai is featured on BBC World, Star Plus, Zoom, CNBC TV18, Zee TV, Doordarshan, Channel V & Times Now.

**Watch his videos on youtube on**

[https://www.youtube.com/channel/UCrVVc-JMNp36-SyO9yHeW4OQ/videos?view\\_as=subscriber](https://www.youtube.com/channel/UCrVVc-JMNp36-SyO9yHeW4OQ/videos?view_as=subscriber)

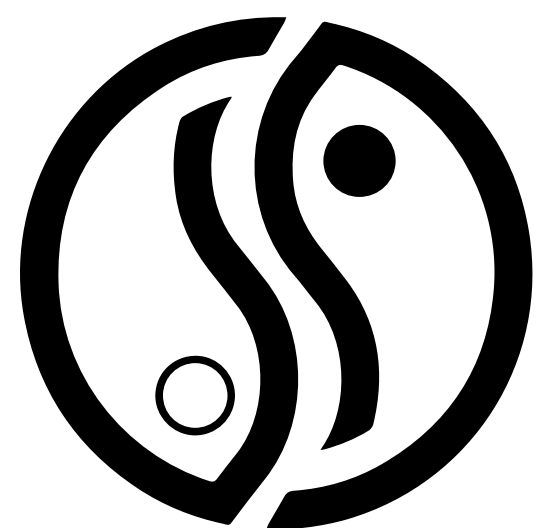
<https://www.youtube.com/watch?v=SHbi665xFBk&t=2s>

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<https://www.youtube.com/watch?v=vIt2NzV1xjk&t=2s>

<https://www.youtube.com/watch?v=3q02ITaQ-MQ&t=111s>

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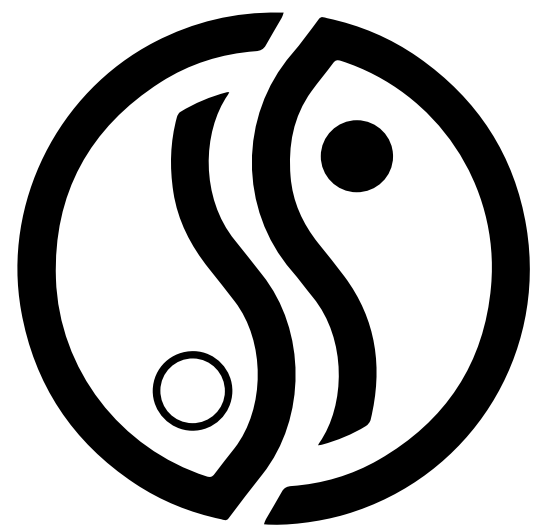


# VIDEOS



With his pedigree and intense involvement with **YOGA & T'AI CHI**, he is the **ONLY ONE** of his kind in the country to offer a window to the exotic and sublime art.

CONTACT



# Sensei Sandeep Desai

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