



Vanamali Mataji

Vanamali Mataji is the founder president of the Vanamali Gita Yogashram, Tapovan, Rishikesh. Vanamali is one of the names of Lord Krishna and Mataji is an ardent Krishna bhakta. Mataji has devoted her life to uplifting generations through the wisdom of the ancient rishis of this holy land. She distills the vast knowledge of our shastras into simple practical teachings that can take us closer to the peak of human evolution.

Mataji has written over 18 well-rated books on the Sanatana Dharma and the deities of the Hindu pantheon - like Sri Krishna Lila, Sri Rama Lila, Sri Hanuman Lila and many more. Mataji has also written 'The Science Called Hinduism' - a book on quantum physics and the revelation of the spiritual and material discoveries of the rishis. She has also published two volumes on the 'Hindu Way of Life' for school children, in order to make them understand the deep truths of the Sanatana Dharma.

Mataji is a Gold Medalist in MA Philosophy from the University of Madras. She started a Transcendental Meditation centre in Kerala and successfully spearheaded it for about a decade. Mataji was also the first to teach TM to prisoners in the state prison near Thrissur.

Mataji conducts regular classes on the Vedic way of life and the Srimad Bhagavad Gita. She has conducted many courses both in Rishikesh and abroad. Mataji has recently launched an initiative called 'Aiveda' to help modern Hindus learn and apply the eternal wisdom of the Sanatana Dharma.

Vanamali Ashram

Vanamali Ashram is situated on the banks of the holy Ganga, haloed by the vibrations of the number of enlightened souls who have done intense tapasya through the ages on this sacred spot. It is blessed by Sri Jayendra Saraswati, the reigning pontiff of Kanchi Kamakoti Peetham, established by Adi Shankaracharya. Sri Jayendra Saraswati went on foot to the great Himalayan shrines of Kedarnath and Badrinath and brought back the sanctified earth from there and personally consecrated the two temples which seem to guard the ashram as one enters. The ashram does a lot of charitable work in and around Rishikesh. Mataji also helps in running a small school in a Himalayan village called Gaja and a tribal school in the Wayanad district of Kerala.

https://www.youtube.com/watch?v=44KxCdFw10g&ab_channel=AdiYogpeeth