

The CEO Magazine®

RNI No. DELENG/2015/70020

Vol. 11 | Special Edition | December - 2025

Rs. 499/-

A Magazine for Business Leaders & Decision Makers.

**MASTERING THE
YOGA JOURNEY**
PRACTICAL TIPS FOR A
LIFELONG PRACTICE

Page 36

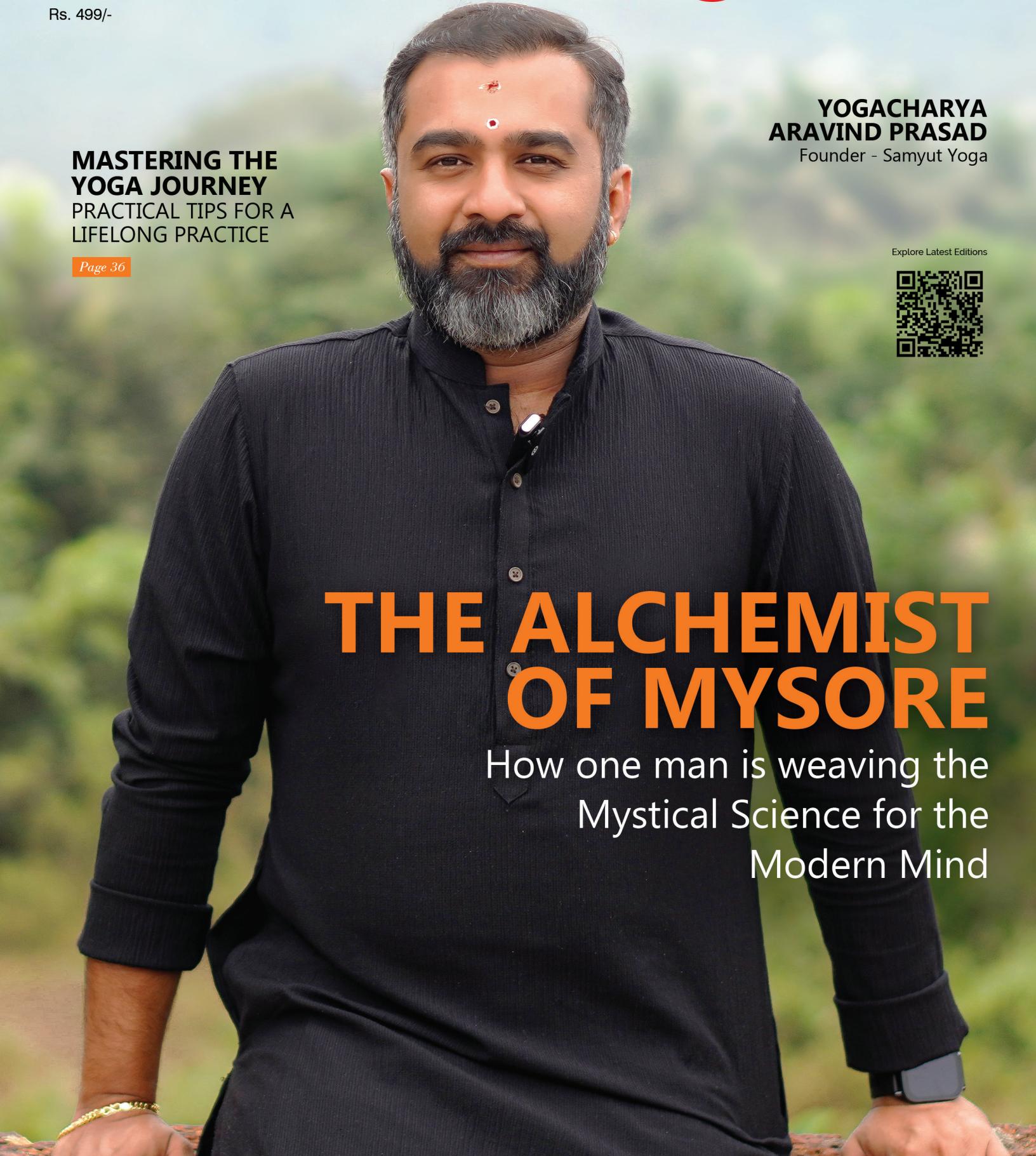
**YOGACHARYA
ARAVIND PRASAD**
Founder - Samyut Yoga

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THE ALCHEMIST OF MYSORE

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Mystical Science for the
Modern Mind



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THE ALCHEMIST OF MYSORE

*HOW ONE MAN IS WEAVING
THE MYSTICAL SCIENCE
FOR THE MODERN MIND*

Shweta Singh | *The CEO Magazine*

The streets surrounding Sri Aurobindo Ashram in Pondicherry hold a particular silence—a quietude woven from decades of profound contemplation. It was here, amid the fragrance of different flowers and the soft murmur of distant chanting, that a seven-year-old boy's destiny was quietly sealed. Holding his father's hand, young Aravind Prasad stood before M. P. Pundit, a revered yogi and secretary to The Mother of the Ashram. The specific questions the boy asked are lost to time, but the yogi's response etched itself into the fabric of his life. Learning the child's name as Prasad, the sage placed a gentle hand upon his forehead. His touch was not merely physical; it felt like an ignition. "A Real Prasad," he declared. His voice carried the weight of a blessing and a prophecy.



**YOGACHARYA
ARAVIND PRASAD**
FOUNDER - SAMYUT YOGA

'Prasad' is the word referring to the sacred offering returned from the divine as a symbol of grace and completion. In that luminous moment, a mere name transformed into a calling for Vedam Viswanathan and Lalitha, the parents of Aravind Prasad; it was a divine nudge, a responsibility to nurture this "offering" into a man who could one day offer something of profound value to the world. That boy is now Yogacharya Aravind Prasad, the founder of Samyut Yoga, and his life's work is the living fulfilment of that early benediction. He is a modern alchemist who is not working with gold but rather is silently transcending the aspiring human awareness that can unify the Mystical wisdom of Yoga with their Modern Life to manifest a transformation of disorders, sufferings and chaos into Health, Happiness and Harmony.

THE SEED OF UNITY—FROM COURTYARD CLASSROOMS TO SANCTIFIED GURUKULAM

Aravind's childhood was not one of blunt self-discipline, but of organic, heartfelt immersion. His story begins in the warm, familiar embrace of a loving family, where spirituality was not a separate practice but the very air they breathed. The frequent power cuts of 1990s India, often a frustration for many, became for the Prasad family a cherished ritual. As twilight descended and the electric hum faded, the room would be illuminated by the soft, dancing light of a lantern. In this intimate glow, his father and grandparents became the first custodians of an ancient lineage. Epic tales from the Puranas, wise verses from the Vedanta, and paradoxical Mantras from the Upanishads were not academic texts; they were thrilling adventures of the spirit, told with the warmth of a bedtime story.

The front courtyard of his home was his first and most formative Gurukulam. Here, under the vast, open sky, the theoretical became tangible. The cycles of the sun and moon were not just astronomical events but living expressions of the cosmic rhythms discussed in the scriptures. This early, joyous nurturing did something crucial: it sparked an insatiable curiosity that the standardised curriculum of his formal schooling could not hope to satisfy. While his peers memorised facts for exams, Aravind yearned to understand the operating system of existence itself. This yearning led him to a radical crossroads. At the age when most young men were jostling for seats in engineering or medical colleges, Aravind made a choice that seemed to flow against the current of modernity. He turned towards the ancient, enrolling in a Gurukulam for a rigorous six-year dedicated residential learning. Imagine mornings that began not with the shrill beep of an alarm clock, but with the sonorous, collective chanting of the Yoga Sutras of Patanjali and Vibrant Vedic Mantras. Picture the days where geometry was learned through the intricate patterns of yantras, and philosophy was debated not from textbooks, but from the raw, lived experience of Japa, meditation and self-inquiry.



Within these walls, Vedanta, Yoga, and Tantra shed their dusty, historical connotations. Under the guidance of his gurus, they were revealed as a cohesive, living science—a "source code" for human potential. Vedanta provided the ultimate user manual, explaining the nature of Human Life and its ultimate purpose. Yoga offered the practical tools—the asanas, pranayama, and meditation—to debug the system of the mind-body complex. Tantra, often misunderstood, was presented by his gurus as the sophisticated psychology of energy, teaching how to harness and direct the very currents of emotion and thought.

This fusion of deep scriptural study and embodied practice was further nourished at S-VYASA University in Bangalore, where he earned his Master's degree in Yogic Science. His academic work was never merely theoretical; it was always an extension of his quest for applicable wisdom. His pioneering research on the neurophysiological impact of the Gayatri Mantra sought to map how ancient sound vibrations influenced brainwave patterns in the frontal and temporal lobes. He developed psychometric tools like a Yogic Personality Analysis, attempting to translate the Gunas (sattva, rajas, tamas) into a framework for modern self-understanding. This unique dual training—the soul-depth of the Gurukulam and the intellectual rigour of the university—forged in him a rare lens: one that could see the timeless truth of the ancients and appreciate the validating gaze of modern science.



THE GLOBAL CRUCIBLE—WHERE WISDOM MEETS THE WORLD'S LONGING

True wisdom is not meant to be preserved under a glass bell; it must be stress-tested in the bustling marketplace of human need. Yogacharya Aravind Prasad's journey took an unexpected turn when his expertise led him far from Indian shores to South America to Indonesia from 2009 to 2012. His expertise in Vedanta, Yoga, Tantra and other Indic Scriptures paved the way for him to learn more as a teacher and instructor for aspirants of different ages and needs.

This was his global container. His task was monumental: to translate the profound, nuanced, and culturally dense wisdom of Vedanta, Yoga, and Tantra for a young, diverse audience with no prior cultural context. He had to distil millennia of insight into logical lectures, workshops, and curricula that were both authentic and accessible for a modern Mind that is filled with ambitions, desires and expectations from Life. It was here, on the other side of the world, that his vision crystallised. He observed a global community "drowning in information but starving for wisdom." This was not an abstract philosophical problem but a palpable human ache. The busy life of many was sprinting with scrolling through a hundred life-hack articles on the phone, yet feeling no more in control of time or peace.

The conscientious parent is overwhelmed with conflicting expert advice on every aspect of parenting, yearning for simpler, more intuitive and loveable ideas. The retiree with endless digital newsfeeds amplifying anxiety, longing for a narrative of the meaning of Life rather than crisis. The young student, proficient in accessing infinite data, yet feeling fundamentally lost about their own purpose and place in

the world. From the striving professional in a metropolitan high-rise to the individual in a small town seeking solace, the symptom was universal: a fatigue of the mind from constant input, coupled with a profound hunger of the soul for clarity, coherence, and calm.

They had all the answers at their fingertips but were losing the fundamental question of how to live a good life. This was the modern malady—not a lack of knowledge, but the absence of a unifying thread to weave it all into wisdom that could comfort the heart, steady the mind, and guide the spirit. The West was inundated with wellness trends—power yoga, mindfulness apps, detox retreats—but these were often isolated fragments. People had the pose but missed the purpose; they had the technique but lacked the unifying philosophy.

He saw the deep, pervasive fragmentation of the modern seeker: the executive who meditates but is cutthroat in business (a disconnect between practice and Vedantic ethics); the athlete who masters advanced asanas but is plagued by anxiety (a disconnect between body and Tantric psychology). The problem was not a lack of tools, but a lack of an Integral map. The world didn't need another fitness fad; it needed a robust, integrated life system that could answer the "why" as powerfully as it taught the "how".

THE BIRTH OF SAMYUT—A SANCTUARY FOR SYNTHESIS

Returning to India, this clarified vision propelled him to co-found a successful yoga institute, through which he shared his life experiences of teaching Vedanta, Yoga and Tantra. Yet, a sense of incompleteness lingered. The mainstream yoga

industry, he observed, was increasingly succumbing to the very commodification he feared. In 2021, he stepped back for a period of intense sadhana and introspection. From this silence, the answer emerged, clear and whole. He would create a sanctuary dedicated not to one strand of the tradition, but to the woven tapestry itself. Thus, Samyut Yoga was born in Mysore, the new ground of Integrity and Unity. As of today, Yogacharya Aravind Prasad has trained more than 2000 yoga aspirants from across 80 different countries.

The name is the manifesto. "Samyut," a Sanskrit term meaning 'Well Unified' and 'Well Integrated,' is his antidote to the world's fragmentation. It is also an acronym for his mission: Scientific & Mystical Yoga for Universal Transformation. At Samyut, the three great streams of Indic wisdom are not merely offered as parallel courses; they are intricately braided into a single, powerful current:

Vedanta as the Philosophical Compass (The 'Why'): In an age of moral relativism and existential anxiety, Vedanta provides the unshakeable foundation. At Samyut, it is taught as a practical philosophy of life. The Bhagavad Gita for Beginners workshop, for instance, is not a theological lecture but a session on "Indic Psychology & Life Management", reframing the epic's battles as the inner conflict between one's higher calling and fleeting desires.

Tantra as the Psychological Toolkit (The 'How'): Stripped of sensationalism, Tantra at Samyut is presented as a masterful science of the mind's energy. It provides the technology to transform one's inner landscape. The webinar Overcome Stress & Anxiety through Mystical Healing is a direct application, offering "3 secret yet simple yogic breathwork techniques" that allow participants to directly intervene in their autonomic nervous system, converting the energy of panic into the energy of presence.

Raja Yoga as the Embodied Path (The 'What'): This is the practical pathway where philosophy and psychology meet the mat. The Anatomy of Pranayama workshop exemplifies this, marrying the mystical understanding of prana (life force) with modern knowledge of the psychosomatic system, showing how breath is the literal lever between mind and body.

This is the alchemy: Vedanta provides the map for the journey, Tantra offers the fuel and the vehicle for the traveller, and Raja Yoga lays down the very road to be travelled. A student doesn't just learn to teach a triangle pose; they learn how that pose, when aligned with conscious breath (Tantra) and performed with an attitude of offering (Vedanta), becomes a moving meditation that unifies body, mind, and spirit.



THE MODERN GURUKULAM—WHERE TRANSFORMATION IS HANDMADE

Nestled in Mysore, Yogacharya Aravind Prasad is consciously reimagining an Integrated Yogic Gurukulam for the generations to come. It is an intimate ecosystem where transformation is prioritised over transaction. In defiance of the factory-model teacher training, Samyut intentionally keeps batches small. This is not a limitation, but a commitment, a promise that every student will be seen, heard, and guided by Yogacharya Aravind Prasad himself.

The core of their offering is the Yoga Alliance USA-accredited 200-hour Teacher Training in Hatha and Ashtanga Yoga. These are immersive journeys where the schedule itself is a teacher. The long days, beginning before sunrise, are not about hardship but about rewiring the system from the clutter of modern life to the rhythm of conscious living. The curriculum is in itself a synthesis, a carefully curated sequence where a morning philosophy lecture on the Yoga Sutras directly informs the alignment cues in the afternoon asana practice.



The challenge of thriving in a wellness industry obsessed with quick fixes is met not with compromise, but with profound integrity. Yogacharya Aravind Prasad's success is a testament to a growing global community that recognises depth and authenticity as the ultimate luxury. They attract the seeker who has tried the fragments and now yearns for the whole.

THE BRIDGE BUILDER—A LEGACY OF WHOLENESS

The impact of this alchemical work is both visible and subtle. It is seen in the thousands of teachers worldwide who have carried this integrated approach into their own communities for the past 15 years and more. It is felt in the corporate workshops where executives learn that true leadership begins with self-transformation and in the intimate retreats where individuals forge a lasting peace within.

Yogacharya Aravind Prasad's journey, marked by what he gratefully calls his "greatest Gurus"—humiliation, failure, and rejection—has distilled in him a profound humility. His advice is the echo of his path:

“BECOME A SINCERE STUDENT BEFORE YOU BECOME A TEACHER. LIVE YOUR WISDOM BEFORE YOU PREACH IT.”

Today, he stands as a bridge builder. Behind him stretches the majestic, unbroken lineage of the rishis. Before him lies a world, anxious and fragmented, in desperate need of the unity he embodies. Samyut Yoga is that bridge. His future vision includes a sanctuary for deeper and longer sadhana, but his primary mission remains: to be a definitive global source for integrated, transformative wisdom. He is on a mission to weave the Mystical Science of Yoga with the Logical Minds of Modern World.

The Alchemist of Mysore does not seek to turn lead into gold. His work is more profound. He takes the scattered, heavy pieces of our modern fatigue—our stress, our disconnection, our existential doubt—and through the patient, fiery application of unified wisdom, helps us reshape them into a singular, luminous whole. He reminds us that the state of being "well unified and well integrated"—the state of Samyut—is not a distant mystic fantasy. It is our birth-right, and it is the only true foundation for a life of enduring health, happiness, and harmony.

Yogacharya Aravind Prasad, as a humble mentor who encourages united efforts and teamwork, is always open to collaborations and creative ideas to spread the wisdom of Vedanta, Yoga, and Tantra. For more collaborative initiatives, you can always communicate through the official website of Samyut Yoga or his Instagram handle.