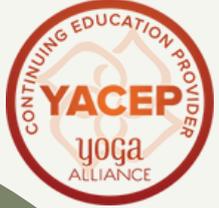




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NIRAMAYA YOGA™ & NIRAMAYA YOGA FÖRDERKREIS e.V.

Background and History



Niramaya Yoga embodies the harmonious fusion of Eastern wisdom and Western expertise, uniting the deep yogic roots of the East with modern therapeutic practices from the West. Founded officially in 2018, our school's journey began long before, shaped by the extensive teaching experiences of Ms. and Mr. Mishra.

With their profound knowledge and dedication, Niramaya Yoga stands as a beacon of holistic wellness, guiding students on a transformative path towards balance, vitality, and inner peace."

We are based in Dresden, Germany and Goa, India. We have been conducting Yoga retreats, Teacher Trainings and Intensive yoga seminars at mystical locations of India and Europe like Rishikesh, Goa, Palma de Mallorca, Simi etc. Our team has the unique combination of teachers from India and Europe that understand the right approach of same Hatha Yoga to the students. We are registered yoga school for RYS-200, 300 & 500 under Yoga Alliance. We are guiding young minds with the seeds of Yoga to become internationally certified yoga teachers in a very therapeutic way. Niramaya Yoga has skilled and experienced faculty to teach all aspect of yoga. We are fully equipped and skilled to teach various online courses and teacher trainings too.

FÖRDERKREIS e.V.

Niramaya Yoga FÖRDERKREIS e.V., based in Dresden, Germany, was founded in 2023 with the noble intention of supporting individuals who wish to embark on their yogic journey but face financial barriers. Thanks to the generosity of supporters and yoga teachers Mr. Robin Grosser and Ms. Jana Schier, the organization operates as a non-profit social organization. Our mission is to provide financial assistance to those in need, especially young students, to cover course fees and other expenses associated with yoga training. The FÖRDERKREIS e.V. relies solely on donations from students and patrons who wish to support our cause. We invite you to become a member of NIRAMAYA YOGA FÖRDERKREIS e.V. and join us in making yoga accessible to all.



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MS. DOROTHEA MISHRA
BDY/EYU, E-RYT 500
FOUNDER & PRINCIPAL TEACHER

Meet Ms. Dorothea Mishra, a beacon of expertise and compassion in the world of yoga therapy. Internationally certified as a Yoga Teacher and Therapist, she holds prestigious credentials from BDY/EYU and Yoga Alliance, including E-RYT 500 and YACEP designations. With a profound understanding of the human body and mind, she is not only a Certified Yoga Therapist in Hatha, Vinyasa, and Iyengar Yoga but also a Certified Relaxation Therapist, dedicated to promoting holistic well-being. As a German state-approved Physiotherapist and Alternative Practitioner of Physiotherapy, she combines the wisdom of yoga with the science of physical therapy, offering a unique approach to healing and rehabilitation. In addition to being a German certified Back Therapist and Certified Practitioner of Spiral dynamic Therapy from Switzerland, she is a respected lecturer, sharing insights with both yoga teachers and healthcare professionals. With a commitment to accessibility and outreach, Ms. Mishra extends her expertise through online platforms, offering Online Physiotherapy, Online Psychotherapy, and Online Yoga Therapy to individuals worldwide. Join her on a transformative journey of healing and growth, where the ancient wisdom of yoga meets modern therapeutic practices, guiding you towards balance, vitality, and inner peace.

Introducing Mr. Subit Mishra, a revered figure in the world of authentic Indian yoga. Born into a yogic family, he has immersed himself in the practice of yoga since childhood, embracing it as a way of life. For Mr. Mishra, yoga isn't just a practice – it's his essence, seamlessly woven into every aspect of his being.

As the Co-Founder & Teaching Head, Mr. Mishra brings a wealth of knowledge and experience to the mat. With a Bachelor of Arts in English Literature and Psychology, and international certifications including E-RYT 500, he is a master of Ashtanga, Hatha, Yin, and Iyengar Yoga, as well as Yoga Nidra. His expertise extends beyond the physical practice, delving deep into yogic philosophy and Ayurveda.

Mr. Mishra is a practitioner of Therapeutic Yoga and a Health Coach, dedicated to nurturing both mental and physical well-being. In addition to his in-person classes, Mr. Mishra offers variety of online yoga courses and coaching, making his teachings accessible to students worldwide. Join him on a journey of self-discovery and transformation, where the ancient wisdom of yoga meets modern-day living.



MR. SUBIT MISHRA
E-RYT 500
FOUNDER & TEACHING HEAD



MR. ROBIN GROSSER
RYT 500, TEACHER & FOUNDER
NIRAMAYA YOGA FOERDERKREIS e.V., DRESDEN

Introducing Mr. Robin Großer: A versatile RYT 500 certified yoga teacher in Hatha, Ashtanga, Yin and Yan Yoga Teacher, therapist and osteopath committed to enhancing the health and vitality of his clients. With a strong foundation as a German state-approved Physiotherapist and Certified Osteopath, he brings a wealth of knowledge and skill to his practice & teaching. Certified in Manual Therapy and FDM-Therapy, he employs a range of techniques to address musculoskeletal issues and promote optimal function. In addition to his expertise in traditional therapies, Mr. Großer is also trained in Therapeutic Yoga, Vinyasa, Hatha, Yoga Nidra, and Yin Yoga, offering a holistic approach to wellness. Whether in-person or through online sessions, he provides personalized care and guidance to support his clients' healing journey.

Meet Ms. Jana Schier: A dedicated course instructor at Niramaya Yoga, specializing in Hatha Yoga and therapeutic practices. With extensive training as a RYT-500 Hatha Yoga teacher, she guides students on a transformative journey of self-discovery and healing. Certified in Therapeutic Yoga, Yoga Nidra, and Yin Yoga, Ms. Schier offers a holistic approach to wellness, nurturing mind, body, and spirit. Join her classes to experience the profound benefits of yoga and embark on a path to greater well-being.



Ms. Jana Schier
RYT 500, Teacher & FOUNDER
NIRAMAYA YOGA FOERDERKREIS
e.V., DRESDEN

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TESTIMONIALS FROM OUR STUDENTS ON GOOGLE

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Yoga is lived here. Mrs. and Mr. Mishra are very professional and competent teachers who are happy to pass on their wide-ranging knowledge in an easily understandable way. (Yoga, religions, health, psychology, anatomy, healthy and conscious living). Conscious nutrition - the food and the baking skills of Ms. Mishra were a hit ;-). The structure/daily schedule was very well thought out - this alone shows that it is important to the teachers that the participants learn, experience and take something for themselves from this time. They live yoga and want to share this way of life with other people from the heart. Thank you from the bottom of my heart for this enriching time! 🙏

Michele Bopp, Saarbrucken
Germany 5★★★★★

Niramaya Yoga is an excellent place for anyone looking to deepen their yoga practice. The atmosphere is warm and welcoming, and the instructor is knowledgeable and passionate about yoga. I have particularly enjoyed my classes with the teacher who can sing well. Their beautiful singing voice adds an extra layer of peace and relaxation to the yoga practice, making it a truly unique and enjoyable experience. Whether you are a beginner or an experienced yogi, I highly recommend checking out Niramaya Yoga.

Farzin Akbar, Dresden
Germany, 5★★★★★

I always thought Yoga comprises of sequence of asanas(poses) but my experience at Niramaya Yoga has been eye-opening. Not only my knowledge about yoga has expanded but breathing, mediation and relaxing technique has helped me with my LONG COVID symptoms and taught me how to de-stress. Honestly, I haven't felt so relaxed and refreshed. I highly recommend Niramaya Yoga to experience how simple techniques could make a huge difference!!

Divita K
India, 5★★★★★

I had the opportunity to attend yoga classes offered by Yoga teacher Mishra, who is an experienced and dedicated yoga teacher. Apart from teaching asanas, he provides background information about asanas and yogic history, which motivates one to continue practicing on one's own. He is also very knowledgeable in Ayurveda. I have already registered for the next course as I already feel the benefits of attending Mr. Mishra's yoga classes.

Rapmos M, Chennai, India,
5★★★★★

I took one course with Mr. Mishra and I would highly recommend it. He really gave useful advice for implementing yoga easily in your daily life.

Federica Luppino,
Italy, 5★★★★★

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