



SWAMI PURNACHAITANYA

Author. Speaker. Spiritual Guide.



Swami Purnachaitanya is an author, speaker, and spiritual guide to many around the world. He is a sought-after teacher of yoga, meditation and mantras, and an enthralling storyteller, who has transformed the lives of people from all backgrounds with his uncanny ability to decode profound ancient wisdom and impart it with simplicity, making it practically applicable in modern life.

Swami Purnachaitanya was born in the Netherlands to a Dutch father and an Indian mother, who played a central role in kindling in him a keen interest in the spiritual practices, cultures and philosophies of the East. This led him to practice an extensive range of Eastern martial arts which would prove to be providential.

The defining moment in his life came at the age of sixteen, when he met Sri Sri Ravi Shankar, in whom he recognized his spiritual master. Sri Sri Ravi Shankar is a world-renowned peace ambassador, humanitarian and spiritual leader, and is the Founder of one of the largest volunteer-based humanitarian non-profit organizations in the world, The Art of Living. Swami Purnachaitanya became inspired to go deeper into the ancient Vedic traditions and practices, leading him to embark upon his journey into understanding the nature of reality and consciousness.

After completing his university studies in Indology with a specialization in Sanskrit, he left the Netherlands and moved to The Art of Living International Center in Bangalore, India to master the Vedic knowledge, rituals and recitation of mantras and Vedic hymns. He received his title (swami, monk) as an acknowledgement of his high state of consciousness and commitment to dedicating his life to serving others. Purnachaitanya is the name given to him by his Master, meaning he whose consciousness (chaitanya) has fully blossomed (purna).

Swami Purnachaitanya is currently a Director of Programs for the Art of Living where he conducts a range of personal development trainings and oversees various service projects in India and Africa. These projects include but are not limited to rural development, prisoner rehabilitation, and educational initiatives. He has also represented Sri Sri Ravi Shankar and The Art of Living at various national and international forums, seminars and conferences. Apart from this he is a senior teacher trainer with the Sri Sri School of Yoga and is known for his skill in teaching this style that connects a balanced and thorough discipline of physical postures, breathwork, meditation and yogic wisdom.

In the last 15 years he has travelled extensively in Asia, Africa and Europe, conducting a wide range of programs in over 20 countries. He has addressed various educational, corporate and government institutions, and conducted special workshops and Master Classes for top executives of leading companies such as Boston Consulting Group (BCG), Microsoft and the Confederation of Indian Industry (CII). At the cusp of a critical moment in history, Swami Purnachaitanya has opened the treasure of ancient knowledge and has been selflessly sharing the peace, joy and fullness he has found in his life with hundreds of thousands of people.