



Ashish Mehta has come a long way from being a student at Scholar's Home and doing his aeronautical engineering in Doon to being a yoga and wellness guru in Germany. He has been teaching dance-yoga that combines dance and yoga to create movements that heal the body and the soul. Married to a German he lives, teaches and practices his own Pantha Hatha and disseminates knowledge of different forms of spiritual healing techniques, including Feng Shui, hypnosis, past life regression, kabala and shamanic work. His workshops on the import of the body-mind-soul connection are gaining in popularity in Germany prompting him to work on a book Contract of Happiness in the German language. The book, which is based on his personal and professional experiences, is to be released soon and he hopes to work on an English translation as well.

"I have dedicated the book to my father who was my first guru," informs the young wellness expert, who also dabbled in television as an actor in Mumbai before focusing on yoga.

"Under the influence of my father, I began learning Yoga at the tender age of 11. He was a Hatha Yogi who encouraged me to visit holy places such as Haridwar, Rishikesh, Gangotri, Badrinath, Nepal and the like.



Ashish Mehta, a native of Dehradun, has been spreading the spirit of wellness in Germany through dance-yoga

Later my destiny took me to Mumbai where I became an actor for a while. I also worked as an Energy Worker. Later I attended a lot of seminars on different types of healing methods and techniques. But the universe wanted something else from me. In 2003, I met my wife, who is a German, in India. So I came to Germany and started working here in the 'Wellness and Energy Branch'. Since 2005, I have been teaching Yoga (Pantha Hatha Yoga) and holding meditation workshops and teachers' training courses with different key aspects."

Ashish, who already has a good fan following in Germany says, "The Germans are very practical but they want answers to all their spiritual questions. They love it when you are able to satisfy their queries. And my workshops are mostly designed to create more awareness. I myself have learnt everything from many of my gurus and international coaches. And now I am endeavouring to spread that knowledge among others." The chief tenet that he teaches relates to the opening of the secret doors of abundance and wellness.

"We can do this together and connect the invisible cable of our spirits with the cosmos. There are two incidents that are crucial in each individual's life, when we are born and when we know why we are born or when we understand our life's purpose," he reveals as he adds, "We must understand how things are pre-destined. I would say that 30 per cent of our destiny we bring

with us at birth, but 70 per cent is in our hands. Men become what they think. If we understand this, we can be in control of what happens to us. What you think in mind is reflected in the body."



He states that meditation is one way one can activate one's energyfield and stay connected with the energy field of the Universe. "Even Buddha had to meditate every day. One way to be disease free is to meditate and work in tandem with God. If we can work with Him, it makes a lovely team," he states. As a coach he ensures that he teaches individuals how to declutter. "We fill ourselves with so many worries, fears and doubts that they begin to rule our lives. Meditation is a way of emptying ourselves so that we can refill our lives with things that are therapeutic and healing in nature" he articulates.

Commenting on his special forte dance yoga, he reveals, "It is funny and interesting. It develops a renewed self-confidence. It stimulates life-energy. It synchronizes the left and right halves of the brain. It relaxes body and soul. It develops a positive aura. It includes laughter yoga and music that is the simplest way of easing day-to-day tensions," he concludes.