



Chittur Vijayan (Vijayakumaran Vasu) has been practicing yoga for the last 30 years. Now, he is running “Vaanaprastham, the school of yoga and oriental studies”. It is Palakkad District, Kerala, India. He is a consulting **Astrologer and Palmist** too. Above all, he is a reknowned **Tantric Healer**. He started his **Yoga** studies from Sad Guru Yogashram under the guidance of Mani Swamy and Krishna Guruji. Sri. Durgananda Saraswathi from Rishikesh taught him **Gayathri Hawanam and Homatherapy**. Guru Nithya Chaitanya Yathi initiated in him the learning of Gyanyoga, Gyanananda Saraswathi initiated Bhakti Marga in him. Chittur Subbalakshmi guided him in strong **Tantric healing** and **Soundarya Lahari**. He regularly visits the Himalayas and meets the Sadhu Sanyasis from various ashramas for Sadhana.

He has designed a special syllabus called **Tension Free Workshop** for his school. The syllabus has Asanas, Pranyama and Manthra. He practices **five-Tier Meditation** which rejuvenates the physical, the pranic, the intellectual, the mental and the spiritual energy levels in the body. By practicing it for 30 minutes, one can remove all the psychosomatic problems and the problems connected with alcoholism. It rejuvenates the left and the right hemispheres and the front part of the brain. This Tantric meditation removes all the blocks and the negative vibrations in the six chakras of the body. The major problems of humanity namely, inertia, ignorance, fear and the fear of poverty can be removed with the help of the manthra sadhana from Soundarya Lahari.

He analyses one's personality with the help of astrology and palmistry in a scientific manner with the help of the **Hora Shastra/Science**. As a result, one gets a good idea about the negative and positive aspects of one's personal consciousness. He gives Tantric remedies for solving horoscopic problems. He can guide one in the fields of education, career, business and politics. He has a vast knowledge in **Vasthu Shastra**, the glorious oriental science. His wife Chitra Vijayan is a Yoga Teacher in his institution. She has a Yoga certificate from the International Sivananda Yoga Vedanta Centre, Trivandrum, Kerala.

His disciples are working in various fields in India and abroad. He is a consultant in yoga and a consulting palmist and Astrologer for the Kairali Resort in Palakkad District, Kerala and at Om Vedic Heritage Centre Pte Ltd, Singapore too. He interacts with foreign delegates who visit Kairali and has helped hundreds in Singapore with the help of Astrology and Tantric healing.