

SOAS
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BWY

AT
THE
HEART
OF YOGA

AUTUMN SUMMIT 2024

Yoga: Health, Harm and Healing

Ranju has been teaching yoga to individuals and groups for over thirty years, and has run teacher training groups for over twenty years with his friend Dave Charlton, under the name Sadhana Mala. He has taken many groups to India and run courses, retreats, workshops and seminars around the UK and in Ireland.

Originally trained as a Viniyoga teacher with Paul Harvey, Ranju has continued to develop his skills and experience and most recently has been studying Vedic chanting with Sheela Shankar who studied directly with TKV Desikachar.



Ranju Roy

From 1991-2003 Ranju worked in the NHS as both an art therapist and also as a systemic family therapist. The professional skills he developed have been invaluable to his further career as a yoga teacher.

In 2019 Ranju published his first book (co-authored with Dave Charlton) called 'Embodying the Yoga Sutra' (Pinter and Martin) to much critical acclaim. Ranju's second book 'Yoga as Pilgrimage' (Sadhana Mala Publishing) was released in March 2024. You can hear him talk on numerous podcasts about these two books, amongst other topics, [here](#).