

About Nithya Shanti



Overview:

Nithya Shanti is an internationally acclaimed teacher of joyful and conscious living. He completed an MBA from XLRI Jamshedpur and worked in the corporate world. He then went on to live as a forest meditation monk for six years. He now shares his learnings through retreats and talks with organizations and audiences worldwide.

Detailed:

Nithya Shanti is an internationally respected spiritual teacher, seminar leader and facilitator, committed to sharing practical wisdom teachings for happiness and awakening with people in a joyful and transformational way.

Blending a deep study of ancient teachings, along with a rich harvest of contemporary learnings, Nithya Shanti specializes in facilitating profound shifts in awareness for people to release limitations and awaken latent potentials for a balanced and fulfilling life.

An interest in inner growth and spirituality from an early age inspired him to read many books and engage in long discussions with friends and teachers. Not content with intellectual understanding alone, he began a daily practice of meditation at the age of sixteen and attended many meditation retreats.

Nithya Shanti completed an MBA from XLRI, Jamshedpur and then worked in the corporate sector. Despite having a promising career, he was drawn to pursue his spiritual quest further. In 2002, he ordained as a Buddhist Monk.

After six years of living in forest meditation monasteries in Thailand, Sri Lanka and various parts of India and the US, he was guided to live, learn and serve in broader ways than the traditional role of a monk permitted. With the blessings of his teachers, he stepped out of the robes in early 2008 and now shares inspiring teachings in Happiness Joyshops, youth programs, corporate trainings and meditation retreats around the world.

Through his diverse offerings and interventions, Nithya Shanti helps participants get in touch with themselves, leading the way to personal development and spiritual

awakening. His light hearted, informal manner and practical techniques pave the way for an experience that many have found to be life changing.

He keeps his audience engaged through stories and encourages meditation and introspection in an atmosphere of trust. Active, flowing and responsive to the audience, Nithya Shanti's workshops (which he calls "Joyshops") are the gateway to a happier and more fulfilling life.

Ways to be in touch with Nithya's programs and sessions

1. Telegram: <https://t.me/hadayoli>
2. Website: www.Nithyashanti.com
3. Overview of offerings: <https://linktr.ee/nithyashanti>
4. Talks and Meditations: <https://www.soundcloud.com/nithya-shanti>
5. Instagram Handle: @nithyashanti
6. Facebook Page: <https://www.facebook.com/spreadinghappiness>
7. YouTube: <https://www.youtube.com/c/NithyaShantiNow>