

“Here’s a man who can be trusted to cut through the usual window- dressing of yoga and give me the real goods... a heavyweight... without being heavy, he has a jaw-dropping range of knowledge.”

Richard Rosen, Senior Reviewer, Yoga Journal

“What impresses me as much as his clarity and depth of knowledge is his embodiment of the teachings. He teaches with a contagious humility and graciousness that encourages learning and draws you into your own process of discovery and love of the tradition.”

Leela Miller, Director of Yoga at Triyoga (London)

Originally from Madrid, Spain, Carlos has been steeped in all aspects of the yoga tradition during more than 40 years of practice and study. He spent 18 of those years as a monk of the Saraswati order, under the name Swami Gitananda, including 9 years of traditional training and practice in India.

During this time he learned the various systems of Indian Philosophy and immersed himself in the practice of yoga, becoming one of the senior monks of the tradition and teaching meditation and philosophy to tens of thousands of students around the world. He combines this experience and traditional training with his academic background, which includes two Masters Degrees: one in Sanskrit, from U.C. Berkeley (where he has taught) and another one, in Religious Studies, from U.C. Santa Barbara. He is currently working on a book on the topic of “Karma and the Journey of the Soul”, as well as a new translation of the *Śivasūtra*, an important Tantric text of the Kashmiri tradition .

Carlos currently lives in the US, and travels extensively around the world conducting a variety of retreats, courses, seminars, workshops and lectures on the Wisdom of Yoga and related subjects.

As a teacher, Carlos is renowned for the breadth of his knowledge and the clarity with which he conveys it. His great love of the Indian yoga traditions, his insight, his humor and his deep connection with his audiences give him the ability to transmit the deepest scriptural teachings in a way that is clear, meaningful and applicable. Studying with Carlos is an enjoyable and transformative experience.

For information on his DVD series “The Wisdom of Yoga” and other forthcoming titles, visit www.pomeda.com

Spanish:

“Here’s a man who can be trusted to cut through the usual window- dressing of yoga and give me the real goods... a heavyweight... without being heavy, he has a jaw-dropping range of knowledge.”

Richard Rosen, Senior Reviewer, Yoga Journal

“What impresses me as much as his clarity and depth of knowledge is his embodiment of the teachings. He teaches with a contagious humility and graciousness that encourages learning and draws you into your own process of discovery and love of the tradition.”

Leela Miller, Director of Yoga at Triyoga (London)

Nacido en Madrid, España, Carlos ha estado sumergido en todos los aspectos de la tradición yoga durante más de 40 años de práctica y estudio. 18 de esos años los pasó como monje de la orden de Saraswati, bajo el nombre Swami Gitananda; este tiempo incluyó 9 años de formación y práctica tradicionales en la India.

Durante este tiempo aprendió los diversos sistemas de filosofía de la India y se sumergió en la práctica del yoga, convirtiéndose en uno de los monjes principales de la tradición y enseñando meditación y filosofía a decenas de miles de personas por todo el mundo. Combina esta experiencia y entrenamiento tradicional con una preparación académica que incluye dos títulos de Masters: uno en Sánscrito, por la universidad de Berkeley (donde también enseñó) y otra en Estudios sobre la Religión, por la universidad de California en Santa Barbara. Actualmente trabaja en un volumen sobre el tema “El Karma y el Viaje del Alma”, así como una nueva traducción del *Śivasūtra*, un importante texto tántrico en la tradición de Cachemira.

Carlos vive actualmente en USA y viaja extensamente por todo el mundo, impartiendo una variedad de retiros, cursos,

seminarios, talleres y conferencias sobre la Sabiduría del Yoga y otros temas relacionados.

Como maestro, Carlos es conocido por la amplitud de su conocimiento y la claridad con que lo transmite. Su gran amor por las tradiciones yóguicas de la India, su visión profunda, su humor y su conexión con la audiencia le dan la habilidad de transmitir las enseñanzas más profundas de manera clara, significativa y aplicable. Estudiar con Carlos es una experiencia agradable y transformadora.

Para información sobre su serie de DVDs, "The Wisdom of Yoga" (en inglés) y otros títulos, dirigirse a www.pomeda.com