




**BIODATA of GREAT MASTER ELANGGOVAN THANGGAVILO**  
(Mahaguru of Corporate Yoga Meditation)

DESCRIPTION	INFORMATION
<b>PERSONAL INFORMATION</b>	
Name	Elanggovan Thanggavilo
Sex	Male
Age	37
Nationality	Malaysian
Position	Mahaguru of Corporate Yoga Meditation (Founder of AYC, Institute of Human Resources Development)
Membership	Registered member with Yoga Alliance International India.
	
<b>YOGA, MEDITATION, PSYCHOLOGY, HUMAN PHYSIOLOGY, MOTIVATIONAL, NATURAL FOOD &amp; AYURVEDIC HERBAL RELATED QUALIFICATION</b>	
December 2007	Certificate in Hatha Yoga Courses
2005	Diploma in Yoga Natural Living & Human Physiology MPYTC (United Nation, UNESCO approved yoga institute)
2004	Certificate in 7 Days Transformational Journey Workshop
1998	Certificate in 7 Days Transformational Journey Workshop, SAC KL157 (Yoga, Meditation & Psychology) Kundalini Yoga Discourse (Self Power Yoga Meditation Discourse)
1998	Certificate in Enhancing Prosperity & Abundance, Advance Workshop, EPA32 (Self Analyst, Time Management, Thought Power, Leadership & Goal Setting)
1999	Soul Nourishment (Being With Guru) BWG1 Advance Residential Retreat Programme Including Healing, Astral Travel & Telepathy
5th Yoga Conference	Organize by MPYTC, Officiated by Honorable Dato' S. Veerasingam
4th Yoga Conference	Organize by MPYTC, Officiated by Honorable Dato' S. Veerasingam
Other Workshop	Have attended various human resources development workshop/course in Malaysia as well abroad. Studied and embraced the latest Western concepts in Psychology and psychotherapy.
<b>YOGA MEDITATION RELATED EXPERIENCE</b>	
Since 1999	Provide yoga training, seminar, workshop in Country like Malaysia, Singapore, UK, India, Indonesia, Cambodia as freelance yoga trainer.
Speakers	Guest Speaker for Tamil Foundation Malaysia, Schools, Corporate & Other Organizational. "1. Health Awareness & Yoga Meditation" and "2. Yoga Meditation is Science" Customized Topics can be Request
<b>OTHER CAREER RELATED QUALIFICATION</b>	
1991	Computer Programming & Information Processing (418) City & Guilds of London Institute
1988	SPM High School Klang, Ministry of Education Malaysia.
1987	Best Sciences Students Awards (Form 4) High School Klang.
1985	Certificate in BASIC Programming Sistem Alpha Sdn Bhd jointly High School Klang



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<b>OTHER CAREER RELATED EXPERIENCE</b>	
2007	International Business Development Consultant Kinta Saga (M) Sdn Bhd
2006	Consultant Client: X-Ray Dynamic Ltd, UK
2004	Chief Software Architecture for Legal firm industry as primary user Financial Institution and Property developers as secondary user LawFirmSys Fully web based and 100% automated office solution.
2001	Chief Software Architecture. Education Ministry of Malaysia <b>iSPEETS Software Malaysia Sdn Bhd jointly with Linc Software India Pvt Ltd</b>
2000	Project Director of ISPEETS Computers Sdn Bhd. Other Position: System Analyst & Senior Software Engineer. Client: Mathis & Co, London
1999	Have been in various positions from Programmer, System Analyst Design, Project Manager.
<b>WRITER OF ARTICLES &amp; BOOKS</b>	
Yoga Book	Yoga Meditation is Sciences (English)
Buku Yoga	Yoga Meditasi Adalah Sains (Malay)
Psychological Book	"Live a Live to Leave" Transformational, Motivational, Spiritual Book.
Next Interview by Bernama	About Asthma & Curing Asthma Via Yoga Meditation Weight Management via Yoga Meditation
RADIO24	Live talk on 27/10/2008 at 8-9am About Oil bath, Yoga Meditation and its scientific benefits.
TV3	About Traditional Oil Bath
ASTRO Prima	Broadcasting Expose "Yoga dan Dunia Korporat" ASTRO interview all 5 founder of Ancient Yoga Consulting
RTM TV2	1 Hour About Yoga for Kids, Adults & Corporate
Article	Article published BERNAMA Interview By Melati Mohd Ariff <b>Ancient Art Of Yoga Makes 'Corporate' Move</b>
Latest Interview by Bernama	Yoga for Kids (Release on Sinar Harian)
News Release	News release on <b>KOSMO Tabloid of Utusan Melayu</b> on local news paper. News release on <b>Sabah Daily Express</b> "Yoga Makes The Execs Move" News release on <b>Utusan Sarawak</b> "Seni Yoga Purba untuk masyarakat korporat" Global News Release <a href="http://www.free-press-release.com/news/200801/1201322589.html">http://www.free-press-release.com/news/200801/1201322589.html</a> North America, Europe, and global news
<b>ASTRO</b> Prima	Broadcasting Expose "Yoga dan Dunia Korporat" ASTRO interview all 5 founders of Ancient Yoga Consulting
<b>RTM</b>	1 hour interview the founder of Ancient Yoga Consulting "About Yoga"
Current book being written	Measure & Manage Thoughts
Next Book	Chakra System of Endocrine Gland
<b>MAHAGURU UNIQUE EXPERTISE</b>	
Modifying Posture	Mahaguru special experts including providing customized or replace alternate yoga posture according to critical sickness for different individuals and its selected from 840,000 pose
Modifying Pranayama	There are major about 10 types breathing techniques and expend about 30 over types
Incorporating Mudras	Mahaguru's experience in incorporating Mudra in various situation activities beyond at sitting position makes superb corporate advantages.



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Web links:

<http://www.ancientyogaconsulting.com/home.html> Main page

All following pages can be access via main page menus too.

<http://www.ancientyogaconsulting.com/aboutmahaguru.htm> About AYC Founder

<http://www.ancientyogaconsulting.com/clients.htm> Corporate client's photo & testimonial

<http://www.ancientyogaconsulting.com/global.htm> Bernama, Astro, RTM Interview

<http://www.ancientyogaconsulting.com/yogaposebymahaguru.htm> Yoga Posture by Elan

<http://www.ancientyogaconsulting.com/download.htm> Download free e-books

<http://www.ancientyogaconsulting.com/quotes.htm> Quotes by Elan.

**More Photo Albums in Facebook, Orkut, Friendster, Myspace, Hi5  
ID is: [selfinuniversal@gmail.com](mailto:selfinuniversal@gmail.com)**

**[AYC Official Blogs \(blogs.ancientyogaconsulting.com\)](http://blogs.ancientyogaconsulting.com)**

**[Corporate Clients Testimonial \(Medical, ICT, Government, Airports...\)](#)**

**[AYC Online Calendar](#)**

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