

MAHANYAS SRIDHAR

KALARIPAYATTU PERFORMER |
CLASSICAL HATHA YOGA TEACHER



Mahanyas Sridhar is a seasoned Kalaripayattu performer with over 13 years of rigorous training in this ancient Indian martial art. An alumnus of Sadhguru Gurukulam Samskriti, where he underwent 12 years of intensive training, he developed a strong foundation in discipline, physical excellence, and traditional arts. He currently serves as a Kalaripayattu instructor at Sadhguru Gurukulam Samskriti, training and mentoring the next generation of practitioners. Recognized for his explosive agility, flexibility, and precision, Mahanyas brings the dynamic power of Kalaripayattu to life through impactful large-scale performances.

AWARDS AND ACCOLADES



Mahanyas secured 1st place in the High Kick category at the State Championship and has competed in the National Championship conducted by the Indian Kalaripayattu Federation. He has also represented the discipline at the prestigious Khelo India Youth Games, establishing his presence on significant competitive platforms.





PERFORMANCES & CONTRIBUTIONS

Mahashivratri Festival (2024-2026) Isha Yoga Center Coimbatore:

A featured performer at this nightlong annual festival, Mahanyas has delivered high-energy Kalaripayattu performances before massive live audiences.

Major Isha Events across India:

Performed at large national programs such as *Soak in Ecstasy of Enlightenment* (attended by approximately 15,000 people) and *Insight - The DNA of Success*, demonstrating his experience on prominent stages.

Youth and Truth (2018):

Featured as a performer during Sadhguru's month-long *Youth and Truth* campaign across university campuses in India. His performances served as a dynamic opening to interactive sessions aimed at empowering youth with clarity and balance.

Through performance, competition, and instruction, Mahanyas continues to actively contribute to the visibility and evolution of Kalaripayattu on national platforms.

WORKSHOPS CONDUCTED BY MAHANYAS:

Deeply committed to taking Kalaripayattu to a global audience, Mahanyas has conducted Kalaripayattu workshops in Pune and Bengaluru.