

In this one hour interview, Marshall Govindan gives answers to the following questions from Dr. Yogananth Andiappan

- How did you become initiated into Kriya Yoga? Please describe briefly your journey into the Kriya Yoga tradition.
- Could you share with us a memorable experience you had with any of the great masters of this tradition.
- Please tell us about the siddhas, especially Siddha thirumoolar and his seminal work, Thirumandiram.
- What is the difference between Thirumoolar's teachings and Patanjali's teachings in terms of Ashtanga Yoga
- What advice would you give to students navigating the path of yoga in these turbulent times?
- In today's fast-paced world, what are the experiences one can get by following the kriya yoga path?
- How to be initiated into the kriya yoga tradition. Is there a requirement for receiving initiation?
- How can a student expect to benefit from kriya yoga practices? Are there certain practices, lifestyle changes, or dietary requirements?

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