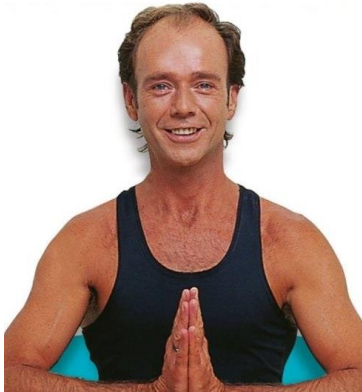


# Kisen

## BIOGRAPHY



**Kisen** studied astanga yoga at the Jagan Mohan Palace in Mysore and co-founded the Life Centre with Godfrey Devereaux.

As *Geri Halliwell's* first Yoga Guru **Kisen** helped Geri discover a svelte figure, vitality, strength and an inner calm and has also assisted *Lulu*, *Sam Taylor-Wood* and *Neil Tennant* get into fantastic shape.

**Kisen's** first book *Yoga Pure and Simple* was published by Ebury, his video *Yoga for Weight Loss* was released December 2001 to coincide with publication of the book.

He has also made a therapeutic relaxation CD, 1000 of which have been distributed to hospitals, hospices and pain management centres throughout the UK.

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