Andriy Siderskyi

Andriy Siderskyi was born in Kyiv, Ukraine, in 1960. First started doing Yoga exercises at the age of 6 as a part of therapeutical program for severe scoliosis he suffered from. He is one of the world's leading experts in the development of yoga teaching methods and psychotronic training techniques. He has also developed a systematic approach of his own to teaching yoga, fine-tuned to the conditions of modern society.

Andriy Sidersky started teaching yoga in 1987, after practicing it since 1975. He has been working as an engineer after graduating in 1984 from Information Processing and Registration Department at Kyiv Polytechnic Institute. In 1988, he completed faculty training course for athlete trainers and management staff at the Kyiv State Institute of Physical Culture and Sports. It was the first course of its kind, specially conducted by the State Committee for Physical Education and Sports in order to legalise the activities of numerous practising professionals, coaching oriental martial arts and yoga.

Since 1989, Andriy Sidersky has been teaching yoga, yoga therapy and psychotronic training techniques. In 30 years of yoga practice and 20 years of hard work on improving the teaching methods, he has developed a special systematic approach of teaching yoga to suit the conditions of modern society: the methodical system of YOGA23 (Y23).