

SANTHOSH KUMAR M P

E-Mail: yogasanthoshkumar@gmail.com

Mob No: 9740619776

9108817206

**#31, Garden Street,
Near police station,
Ramamurthy Nagar,
Bangalore – 560016**

Objective:

I am looking for the position of yoga instructor in a reputed institution, where I can give my best in teaching yoga and prove its importance. My teaching experience is 15 years.

Educational Background:

- Degree
- Diploma in mechanical
- SSLC
- Making PYP happen : Implementing agency Category-1

Yoga Qualifications:

- **Registered Yoga Teacher's (RYT) YIC (Yoga Instructor course)**
- **Registered Yoga Teacher's (RYT) DYT (Diploma in Yoga Therapy)**
- **Registered Yoga Teacher's (RYT) PGDYT (Post Graduate Diploma in Yoga Therapy).**
- **Bsc in Yoga and Msc in Yoga**

Highlights of Qualifications:

- Strong interpersonal skills.
- Strong writing and speaking skills.
- Excellent organizational skills.
- Self-starter and possibility thinker.
- Excellent teaching skills.
- Exceptional time management skills.

Professional Experience

- Currently Working as a Yoga teacher at SVM institutions from 2022 to till date
- Worked as a yoga teacher in Amrita International Vidyalayam (IB PYP/ICSE/Montessori (IB School))
- Worked at Gleentree Academy from 2019 to 2020.
- Worked at Parama Hamsa Vidyaniketana, Mysore.
- Worked as a Yoga instructor in Maruthi Yoga Shikshana Kendra, Mysore.
- Handling Therapy classes.
- Handled Teacher training courses in China.
- Worked in China for 2 years.
- Worked in Singapore.
- Worked in Cisco as Yoga Trainer.
- Worked in IBM as a Yoga Trainer.

Teaching style of Yoga:

- Traditional Yoga
- Dynamic Yoga
- Hath Yoga
- Power Yoga
- Asthanga Vinyasa
- Therapeutic Yoga
- Advanced Yoga
- Advanced Artistic
- Flow Yoga
- Sound Therapy

Responsibilities:

- Responsible for guiding members through invigorating and encouraging yoga practices.
- Provided fitness counselling.
- guiding the group through a series of revitalizing and rejuvenating asana.
- Promoting safety through proper equipment and accurate demonstration of class.
- Ensure that area is clean, picked-up and ready for next class.
- Providing advice to individuals on the correct method of exercising with fitness equipment.
- Promoting a fun and relaxing atmosphere for guests.
- Performing other duties as assigned.

Achievements:

- Won 1st place in National.
- Won 1st place International level Yoga competition.
- Won 1st place in District, Taluk & State level Yoga Competition.
- Noble World Record.
- Challenge World Record.

Advance Yoga Performance in:

- Backward Bending.
- Forward Bending.
- Hand Balancing.
- Leg Balancing
- Twisting.

Handled and cured diseases:

- Parkinson's disease
- Low BP
- High BP
- Migraine
- Low back pain
- Head giddiness
- Knee problems
- Breathing problems
- Weight reduction
- Gastritis
- Diabetes
- Speech problem
- Stuttering

Awarded as:

- **Yoga Charya**
- **Yoga Brahma**
- **Yoga Ratna**
- **Yoga Bandhu**
- **Yuva Yoga Kreedaratna**

Personal Details :

Name: Santhosh Kumar M P

D.O.B: 3rd August 1987

Sex: Male

Nationality: Indian

Languages are known: English, Kannada, Telugu, Tamil and Hindi

Hobbies: Reading books, Listening to Music

Marital status: Married.

Santhosh Kumar M P

Place: Bangalore