

RAJU R

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Address: #848, 4th Cross Ashrama road
Hinkal Mysore 570017

To provide high quality yoga teaching, training and guiding the students to develop their knowledge by applying wide principles of Yogic philosophy & Psychology.

EXPERIENCE:

6 years Teaching experience

- Yoga Trainer at **Mysore Vivekananda Yoga Research and Educational Institution**, Vijayanagar, Mysuru.
- Yoga Trainer at **Depaul International School**, Mysuru [2016-17].
- Yoga Trainer in **Narayana Nanda yoga Ashrama**, Mysuru.
- Yoga Trainer in **ABB Company (ASEA Brown Boveri)**, Mysuru.
- **Yoga therapy and general yoga classes** for *public, students*.

ORGANIZATION AND ADMINISTRATIVE EXPERIENCE

- **Yoga Trainer** in International Yoga day 2017, 2018 and 2019 at Mysuru.
- **Yoga Trainer** in **Longest Yoga Chain Guinness World Record Attempt Event** on 2017 at Mysuru.
- **Chetana Programme Organiser - Infosys** [2017].
- Worked as **Referee** in **State Level Yoga Competition held at Dasara-2018**, Mysuru.
- Organizing and Coordinating the **Intra-House yoga sessions**.
- Conducting Yoga classes and activities on the guidelines of the Plan of Curriculum.
- Organizing **Yoga camps** where the children could be exposed to different environments and conditions to improve their adaptability as young Yogic aspirants.
- **Yoga dance choreographer** for *Different types* of Yogic dance.

ACADEMIC DETAILS

- Successfully completed and passed **YTTC (Yoga Teacher Training Course)** from World Yoga Alliance (M V Yoga Education and Research Center) [2016].
- Successfully completed and passed **Diploma in Yoga education** from *Karnataka State University* [2017]
- Successfully completed and passed **Master of Arts [MA in Economics]** from *Mysore university* [2019]
- Successfully completed and passed **Skill India RPL Exam Level 5** from Mysore Government of India [2019]

WORKSHOPS AND CONFERENCE

- **Astanga Vinyasa Yoga** Workshop at *Mysore Vivekananda Yoga Research and Educational Institution* [2018]
- Participated as delegate in **International conference on Yoga For Heart Care** – 2019 at Mysore

SPECIALIZATION AREA IN YOGA

- Astanga yoga
- Yogasana – *Hatha Yoga*
- Yogasana – *Ashtanga Vinyasa Krama*
- Yogasana – *Advance yoga*
- Yogasana – *Power Yoga*
- Yogasana – *Flow Yoga*
- Yogasana – *Mallagamba yoga*
- Yogasana – *Arial Yoga*
- Yogasana – *Ball Yoga*
- Artistic yoga with Dance moments
- Pranayama
- *Kriya, Bandha and Mudra*
- *Meditation*

MEDALS

- Participated in **International level** Yoga competition held at Puducherry[2020]
- **Won 5th place** in 7th State level Yogasana Championship, Karnataka State Amateur Yoga Association(R)

PERSONAL DETAILS

Date of Birth: : 10-05-1996
Address: : #848, 4th Cross Ashrama road
Hinkal Mysore 570017.
Languages Known: : English, Hindi, Kannada & Telugu
Nationality: : Indian

Declaration:

I hereby declare that the information given above is true to the best of my knowledge and belief.

Place: Mysuru

Yours faithfully

Date:

(Raju R)

