

**Name: GEETHAKUMAR H K**

Contact: **9620004686**

Email: [gkvinyasayoga1980@gmail.com](mailto:gkvinyasayoga1980@gmail.com)

Address: #2745, Near flyover,

Behind Mahalakshmi Sweets

Hinkal, Mysore-

Good  
picture for  
web

## EXPERIENCE:

Fifteen years of teaching experience and ongoing as Yoga Teacher

## ORGANIZATION AND ADMINISTRATIVE EXPERIENCE

Worked as Yoga Teacher in following Organization

- Hari Vidyalaya Since 2009
- Pragathi Vidyalaya 2009 to 2017
- St Anthony English Medium School Since 2009
- Asha Kirana Vidyalaya since 2018
- Personal Classes as Thearaphy, Fitness
- **Mysore Vivekananda Yoga Education and Research Centre, Mysore**
- **YSF - Secretary**
- **Yoga Dasara Upasamithi**
- **IDY (International Day of Yoga)**
- **YFM - Member**

## ACADEMIC DETAILS

- **B.A. (KSOU)**
- **Rashtrabhaasha Praveen—Dakshina Hindi Prachar Sabha**
- **YTTC (Yoga Teachers Training Course) –Mysore Vivekananda Yogas**
- **Diploma in Yoga – Mysore Vivekananda Yogas (KSOU)**
- **Ashtanga Vinyasa – Mysore Vivekananda Yogas (KSOU)**
- **Skill India RPL Exam—5<sup>th</sup> Level**
- **State Yoga Referee—Karnataka State Amateur Yoga Sports Association ®**
- **National Yoga Referee—Yoga Federation Of India**

## NATIONAL WORKSHOPS

- **National Conferenceon Yoga & Naturopathy for Holistic Health**
- **Yoga, Ayurveda and Home Medicine in life - Ayush**
- **International Yoga for Heart care --Ministry of Ayus**

## SPECIALIZATION AREA IN YOGA

- *Ashtanga Yoga*
  - *Ashtanga Vinyasa*
  - *Yoga Thearapy*
  - *Hatha Yoga*
  - *Flow Yoga*
  - *Arial Yoga*
  - *Artistic Yoga*
  - *Advance Yogasana Practice*
  - *Power Yoga*
  - *Ball Yoga*
  - *Pranayama*
  - *Meditation*
  - *Kriyas, Bandhas and Mud*
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- Hari Vidyalaya Since 2009
  - Pragathi Vidyalaya 2009 to 2017
  - St Anthony English Medium School Since 2009
  - Asha Kirana Vidyalaya since 2018
  - Personal Classes as Thearaphy, Fitness

## AWARDS

- **Yoga sharada from Mysore Vivekananda Education and Research Centre, Mysore**
- **Yoga Kusuma from Pathanjali Yoga Kendra, Banglore**
- **Best Yoga Teacher from Public Function**

## MEDALS

- 2 Gold Medals in National Yoga Competition
- 4 Gold Medals in State Level Yoga Competition
- 4 Silver, 6 Bronze in State Level Competition

## PERSONAL DETAILS

**Date of Birth:** : 04/10/1980  
**Address:** : #2745, Near Flyover, Behind Mahalakshmi Sweets, Hinkal, Mysore-17

**Languages Known:** : Kannada, English, Hindi  
**Nationality:** : Indian  
**Place:** Mysuru

**Date:** 19/10/2020

**Yours faithfully**

**(Geethakumar H K)**

