

Name **H.T.BHASKAR**

Contact: 9916471921

Email: yujbhaskar@gmail.com

Address: #276, C.F.T.R.I. layout ,
Bogadi, Mysore – Karnataka
INDIA



OBJECTIVE

Passionate to teach, train and guide Yogic techniques which I have blessed and received from my Guru. Always look forward to serve and guide people about holistic approach of Yogic science for good health and wellbeing. Aiming to promote Yogic teachings in different parts of the world for mass varieties of culture to bring out well-being in each individual through training students as well as producing yoga teachers and trainers.

EXPERIENCE:

Fifteen years of teaching experience and ongoing as yoga teacher in India and abroad.

ORGANIZATION AND ADMINISTRATIVE EXPERIENCE

Worked as Yoga teacher in following organizations

- Mysore Vivekananda yoga education and research center – Mysore
- Gems of Yoga – Dubai –UAE
- Utong Yoga club – Xian, China
- Real Yoga club – Xian, China
- Konstar body building center - Xingren,Guizhou, China
- Health club – Longyou, quzhou ,Zhejiang province, China
- Pulian international yoga club– Wenzhou, Zhejiang province, China
- American yoga - Changsha - China
- Lanzou yoga studio – Lanzhou, China
- Ongoing Yoga teacher & therapist in Mysore city
- Resource person in Mysore Vivekananda yoga education and research center – Mysore
- General secretary YSF (Yoga Sports Foundation)

ACADEMIC DETAILS

- Y.T.T.C Yoga teachers training course, Mysore Vivekananada yoga education & research center, Mysore - 2005
- Diploma in Yoga and meditation – Annamalai university – Chennai - 2008
- A.V.T.C - Asatanga vinyasa training course – Karnataka state open university, Mysore, 2014
- PG.D.Y.ed -Post-graduation diploma in Yoga RTY 500hrs (world yoga alliance) - Mysore Vivekananada yoga education & research center, Mysore – 2016
- National skill qualification level 4, Skill India under PMRVY – 2017
- Certificate of Yoga Professionals, QCI – level 2 – 2017
- State Yoga Referee course, Karnataka State Armature Yoga sports Association – Bangalore - 2018

NATIONAL WORKSHOPS

- National Conference on Yoga & Naturopathy for Holistic health - 2011
- Yoga, Ayurveda and home medicine in life workshop organized by AYUSH – 2019
- International Yoga for heart care, Ministry of AYUSH - 2019

INTERNATIONAL WORKSHOPS

Conducted international workshops in China at Wenzhou, Changsha and Lanzhou on Asatanga Vinyasa, Hatha yoga, Areal Yoga and TTC 200hrs

SPECIALIZATION AREA IN YOGA

- Hatha yoga
- Astanaga vinyasa
- Iyengar yoga
- Power yoga
- Flow yoga
- Bikram yoga (hot yoga)
- Arial yoga
- Pranayama & mediation
- Alignment & adjustment
- Yoga Therapy
- Resource for 200 hrs & 500hrs TTC in Yoga

AWARDS

“Yoga Shree” - Mysore Vivekananada yoga education & research center, Mysore – 2005

“Yoga Sambrama” – YSF Mysore - 2018

PERSONAL DETAILS

Date of Birth: :19/12/1965
Address: : #276, C.F.T.R. Layout
Bogadi, Mysore – Karnataka
INDIA

Languages Known: : Kannada & English
Nationality: : Indian

Place: Mysuru

Date:

Yours faithfully

(H.T.Bhaskar)

