

Veeresh Kumar C

#252, #11 Cross, #8 Main, Vidhyagiri Layout, Nagarbhavi, Bengaluru - 560072, Karnataka, India.

Ph.: +91-9945696977 | Email-Id: veeresh2@gmail.com | Website: sreegururayawellnesscenter.com

Objective

An experienced yoga instructor, interested to propagate the importance of yoga to the society. Always willing to put the knowledge and understanding of yoga, to achieve a balance of mind and body and guide people lead a healthy life.

Summary of Skills

- Experience of teaching Yoga to students of all age groups.
- Knowledge of advanced asanas and breathing techniques.
- Ability to demonstrate and teach techniques for performing basic and advanced asanas.
- Good knowledge of human anatomy and impact of asanas on different body parts.
- Good communication, interpersonal, and motivational skills.

Qualification:

- M.Sc in Human Conscious and Yogic Science, Bangalore University
- MA in Sanskrit language and literature – Karnataka Sanskrit University, Bengaluru
- PGDM (Post Graduate Diploma in Manuscriptology) – Karnataka Sanskrit University, Bengaluru
- Bachelor of Commerce – Kuvempu University, Shimoga
- Yoga Instructors Course – Indian School of Yoga, Chennai
- Diploma in Yoga Therapy – Indian School of Yoga, Chennai
- Accredited Institution Yoga Instructor – Swami Vivekananda Yoga Anusandhana Samsthanam, Bengaluru

Professional Experience Summary

Organization: Sree Gururaya Wellness Center, Bengaluru

Designation: Proprietor, Yoga Instructor

Years of Experience: May 2012 – till date

Responsibilities:

- Customize meditation and Yoga sessions as per the learner's psychological and physical needs.
- Instruct and lead stretching, warm-up and cool down exercises, breathing and relaxation techniques.
- Maintain positive relationship with students and address their concerns.
- Encourage students to lead a healthy life by guiding them with health and wellness information.
- Conduct trekking and educational trips for the students.

Organization: National Assessment and Accreditation Council (NAAC), Bengaluru

Designation: Yoga Instructor

Years of Experience: Feb 2017 – till date

Responsibilities:

- Meditation and Yoga sessions as per the learner's needs.
- Advice the students to lead a well- balanced lifestyle.
- Provide feedback to students supporting their concerns.

Organization: Freelance Practitioner

Years of Experience: June 2003 – April 2012

Responsibilities:

- Personalized yoga sessions for students at their locations.
- Monitor and mentor students to inculcate a healthy living.

Achievements

- The blog's on the website *www.gururayaschoolofyoga.in*, has been awarded as one of the **Top 30 Yoga Blogs** by FeedPost in 2018.
- Participated in Yoga Mahotsava, conducted by Swami Vivekananda Vishwa Prakruthi Yoga Foundations, and was awarded **Karnataka Siri** in 2009 and **Bharatha Yoga Nidhi** in 2010.
- In a competition held at Swami Vivekananda Yoga Anusandhana Samsthana, 12 out of 13 students from Sri Guru Raya School of Yoga won prizes.

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