

Kumudha Narasimhan

Certified International Yoga Trainer

✉ kumudhakn@gmail.com ⬇ Cambridge, UK

CERTIFICATIONS

Heartfulness Yoga Academy, India 2025
International Yoga Trainer (200-hour TTC)

Ministry of AYUSH, Government of India 2024
Yoga Volunteer Certificate (Chair Yoga focus)

EXPERIENCE

Yoga & Meditation Instructor 2024 – Present

- Delivered **20+ hours of Chair Yoga sessions** across online and in-person settings.
- Designed and led sessions tailored for workplace wellness, promoting **stress management, improved focus, and relaxation**.
- Highlight:** Led a **Chair Yoga session in Winchburgh, Scotland**, during **World Yoga Day 2024**, in collaboration with the **Consulate General of India, Edinburgh**.
- Conducted community and private sessions, integrating **breathing practices, meditation, and accessible yoga postures**.
- Preparing to launch **comprehensive online yoga and meditation classes** for global audiences.

SKILLS

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| • Chair Yoga & Workplace Wellness | • Traditional Yoga Postures (Asanas) | • Breathing Techniques (Pranayama) |
| • Guided Meditation & Mindfulness | • Stress Management Practices | • Program Design for Corporate Wellness |

SUMMARY

Certified **International Yoga Trainer** with expertise in **Chair Yoga, Traditional Yoga, and Meditation**. Trained and certified by both the **Ministry of AYUSH, India**, and **Heartfulness Yoga Academy, India**. Experienced in delivering inclusive yoga and meditation sessions for diverse groups, including corporate employees, with a focus on **stress reduction, wellbeing, and workplace productivity**.

PROFESSIONAL MEMBERSHIPS & INSURANCE

- Eligible for **Yoga Alliance Registration (RYT 200)**
- In process of arranging **UK Yoga Teacher Insurance** (Public & Professional Liability – £5m+ cover) to meet corporate requirements.