

# 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.
- Conducted 20+ hours of community and private sessions, integrating breathing practices, meditation, and yoga postures.
- Designed and led sessions tailored for workplace wellness, athlete recovery, 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.

## SKILLS

- Program Design for all skill levels
- Chair Yoga & Workplace Wellness
- Traditional Yoga Postures (Asanas)
- Guided Meditation & Mindfulness
- Breathing Techniques (Pranayama)
- Stress Management Practices

## 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.