

Kumudha Narasimhan

Certified International Yoga Trainer

 kumudhakn@gmail.com  Cambridge, UK

CERTIFICATIONS

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| 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

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| Yoga & Meditation Instructor | 2024 – Present |
| <ul style="list-style-type: none">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.