

# Kumudha Narasimhan

Certified International Yoga Trainer

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 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 |
| <ul style="list-style-type: none"><li>Delivered 20+ hours of Chair Yoga sessions across online and in-person settings.</li><li>Conducted 20+ hours of community and private sessions, integrating breathing practices, meditation, and yoga postures.</li><li>Designed and led sessions tailored for workplace wellness, athlete recovery, stress management, improved focus, and relaxation.</li><li>Highlight: Led a Chair Yoga session in Winchburgh, Scotland, during World Yoga Day 2024, in collaboration with the Consulate General of India, Edinburgh.</li></ul> |                |

SKILLS

|                                       |                                      |                                    |
|---------------------------------------|--------------------------------------|------------------------------------|
| • Program Design for all skill levels | • Traditional Yoga Postures (Asanas) | • Breathing Techniques (Pranayama) |
| • Chair Yoga & Workplace Wellness     | • Guided Meditation & Mindfulness    | • 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.