

Shri. Deval Chauhan

Yoga Practitioner, Therapist, and Instructor

Professional Summary

Shri. Deval Chauhan is a highly experienced Yoga practitioner with over 11 years of dedicated practice. His formal training spans multiple prestigious Yoga traditions, including Kaivalyadhama, Ambika Yoga Kutir, SVYASA Bangalore, and various schools in Rishikesh.

Qualifications

- P.G. Diploma in Yoga from Kaivalyadhama, Lonavala (Batch Topper)
- Winner of Dr. D B Pathak Memorial Award in Yoga Anatomy and Physiology
- Level - III Certification from Yoga Certification Board, Ministry of AYUSH, Govt. of India
- YIC Certification from SVYASA
- Extensive informal training from various Yoga and Yoga Therapy traditions

Experience and Exposure

Research and Therapy

- Selected Yoga Therapist at CCRYN, Ministry of AYUSH and Kaivalyadhama's Collaborative Research Centre, Lonavala
- 4+ years of personal Yoga Therapy practice, treating patients in Yoga Therapy Hospital and Health Care centre
- Administered Yoga Research Interventions on various projects

Teaching and Training

- Instructor at Yoga Alliance Certified School, Rishikesh
- Trained 500+ students in Online Yoga certification courses
- External examiner at a Yoga Alliance certified School, certified 200+ students as Yoga instructors/teachers

Work with Government Organizations

- Indian Navy: Conducted 5 Yoga courses at INS Mandovi, Goa, training Naval Officers
- Mumbai Police: Led Stress Management Workshops for elite Crime and Preventive Department Officers
- Indian Army: Conducted Yoga events with high-ranking officials, including Lt. Gen. H. S. Kahlon

Notable Events

- Led a Yoga event for Admiral R Harikumar, then Chief of Naval Staff, at the inauguration of INS Sandhayak

Services Offered

Yoga Therapy

Treating patients with various conditions, including:

- Diabetes
- Hypertension
- Insomnia
- Postural Deformities
- Stress, Anxiety, Depression
- Varicose Veins
- Cardiac issues
- Constipation
- Asthma, Lung Fibrosis, COPDs
- Arthritis
- Kidney Diseases
- Knee pain
- And many more

Yoga Classes

- Individual and group sessions
- Both online and onsite options
- Focus on fitness/wellness and therapy

Specialized Services

- Yoga as adjunctive therapy for terminal diseases like Cancer
- Health promotion on various platforms
- Conducting academic courses in Yoga (theory and practical)
- Administering Yoga examinations for Yoga Alliance (200, 300 & 500 hrs TTC) and Yoga Certification Board, Ministry of AYUSH (up to level III)

Contact Information

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