



# AYUSH ARYA

## YOGA EXPERT

### My Contact

✉ [aayusharya26@gmail.com](mailto:aayusharya26@gmail.com)

☎ +91 8770665882

🌐 [www.linkedin.com/in/ayush-arya](https://www.linkedin.com/in/ayush-arya)

📷 [Instagram.com/yogicseeker/](https://www.instagram.com/yogicseeker/)

### Teaching Skill

- Yoga Philosophy and Mantra Chanting
- Traditional Hatha Yoga, Ashtanga, Yin, Vinyasa Flow, Restorative, Power Yoga, Yoga Nidra, Chair
- Yoga & Dynamic Practices Pranayama & Various Breathing Technique
- Excellency in Teaching Yogic Cleansing Practices

### Soft Skill

- Observation
- Decision making
- Communication
- Multi-tasking
- Leadership
- Handling group Sessions
- Friendly & Pleasant to Work

### Education Background

- ◆ Kaivalyadhama (KKSU) Masters in Yoga Completed In 2023
- ◆ Certified Yoga Teacher and Evaluator Completed In 2023
- ◆ Bachelor in Yoga & Naturopathy Completed In 2019
- ◆ Bachelor in Sanskrit (Hons) Completed In 2018
- ◆ 300 Hour Assistant Yoga Teacher Training Course

### About Me

I am a dedicated practitioner and instructor of traditional Hatha Yoga and meditation. With 10 years of personal practice and 5 years of teaching experience, I view yoga as more than just a physical activity; it is a holistic way of life.

Understanding the unique needs and limitations of each individual, I tailor my yoga classes to cater to every student's abilities and efforts. Rooted in authenticity and tradition, my teachings are deeply influenced by the Himalayan yoga tradition, instilled in me by esteemed masters and teachers from Kaivalyadhama, one of the most revered and authentic yoga institutes. My commitment to maintaining the highest standards of yoga education is reflected in my qualifications. I am passionate about imparting the most scientific and authentic yoga practices to my students, guiding them on a transformative journey towards physical, mental, and spiritual well-being.

### Professional Experience

#### Worked as Yoga Teacher & Instructor

- Goa Yogshala : YTTC 200hrs
- Patanjali Yogpeeth : YCB Teacher
- Gurukulam DAV School : Yoga Teacher

#### Worked as Corporate Yoga Teacher

- Taj Vivanta : Corporate Yoga & Mental Wellness
- JBM Groups : Corporate Yoga & Meditation

#### Worked as Yoga Therapist

- SADTG hospital : Yoga for Mental Health & Yoga Therapy
- Navjeevan Therapy Centre : Yoga for pain management (Present)

#### Worked as Remote Yoga Teacher and Instructor

- Urban Pro : Yoga Instructor

#### Collaborations

- Patanjali
- Spirit Yoga Studio
- Kaivalyadhama
- Kaivalya Vidya Niketan

#### Workshops

- Diabetes Management Workshop – by Dr. Santosh Pandey, Kaivalyadhama.
- An Introduction to Basic Concepts of Naturopathy – Dr. Santosh Pandey, Kaivalyadhama.
- Pranayama Sadhana Shibir – by Dr. O.P Tiwari Kaivalyadhama.
- Kriya Yoga – by Dr. Sharad Chandra Bhalekar and Dr. R.S. Bhogal, Kaivalyadhama
- Kaivalyadhama 10th Intern. Conference Yoga and Mental Health: 'Scope, Evidence & Evolution.'





कविकुलगुरु-कालिदास-संस्कृत-विश्वविद्यालयः, रामटेकम्  
Kavikulaguru Kalidas Sanskrit Vishvavidyalaya, Ramtek  
Statutory University Established by Govt. of Maharashtra Vide Act 1997 (MAH XXXIII of 1997)  
Statement of Marks (गुणविवरणपत्रम्)

Sr. No. :



NAAC Accredited with A+ Grade

Statement of Grade for M.A. (Yogshastra) Semester IV  
Examination: Summer 2023

Name: AYUSH ARYA (USHA)

PRN: 2021018100124906

College: Kaivalyadhama Shriman Madhava Yoga Mandir Samiti, Lonavla (802)

Exam Center : Pune (25)

Seat Number: 101987



Exam Center : Pune (25)

Paper Code	Paper Name	AM	UA		CA		Total		Cr	Gr	GP	EGP	Rmk
			Min/ Max	Obt	Min/ Max	Obt	Min/ Max	Obt					
MAY2-IV-01	Traditional Yoga Texts	Th	24/60	28	16/40	38	---	66	5.00	A	9.00	45.00	E,C
MAY2-IV -02	Western Psychology	Th	24/60	26	16/40	37	---	63	5.00	B	8.00	40.00	E,C
MAY2-IV -03	Yoga Research & Thesis Format	Th	24/60	34	16/40	35	---	69	5.00	A	9.00	45.00	E,C
MAY2-IV -04	Yoga Therapy and Other Therapis	Th	24/60	43	16/40	30	---	73	5.00	A	9.00	45.00	E,C
MAY2-IV -05	Practical,Dissertation And Viva-Voce	Pr	24/60	44	16/40	32	---	76	5.00	O	10.00	50.00	E,C
Fourth Semester	Credit: 25.00	EGP: 225.00		SGPA: 9.00		Status: Pass							
Third Semester (Seat No: 3918 Exam Event: Winter-2022)													
	Total Credit: 25.00	EGP: 235.00		SGPA: 9.40		Status: Pass							
Second Semester (Seat No: 62988 Exam Event: Summer-2022)													
	Total Credit: 25.00	EGP: 200.00		SGPA: 8.00		Status: Pass							
First Semester (Seat No: 285 Exam Event: Winter-2021)													
	Total Credit: 25.00	EGP: 250.00		SGPA: 10.00		Status: Pass							
ECA Marks: Nil (Balance - Nil Marks)													
	Total Credits : 100.00	Total EGP : 910.00				CGPA : 9.10		Status : Pass					
Cumulative	Grand Total : 1443/2000	Grade : O (Outstanding)				Ordinance : Not Applied							

CGPA : Semester Grade Point Average, CGPA: Cumulative Grade Point Average, EGP: Earned Grade Points, E: Exempted, C: Current Appearance, X: Past Performance, N: Not

Abbreviations: Gr: Grade, SGPA: Semester Grade Point Average, CGPA: Cumulative Grade Point Average, EGP: Earned Grade Points, E: Exempted, C: Current Appearance, X: Past Performance, N: Not Exempted, UM: Unfair Means, (G): By Grace, (C): Pass by Condonation, AA: Absent

Statement No: 255588

Date: 03 Jul 2023



Controller of Examination  
परीक्षानियन्त्रकः

(Subject to correction, if any लेखनप्रयत्नानिराकरणार्थम्)



**पतंजलि योगपीठ ( ट्रस्ट ),  
PATANJALI YOGPEETH (TRUST),®**

द्वारा संचालित

महिला पतंजलि योग समिति ..... मध्य प्रदेश ..... द्वारा आयोजित

**सह-योग शिक्षक प्रशिक्षण प्रमाण-पत्र  
ASSTT. YOGA TEACHER TRAINING CERTIFICATE (AYTTC)**




क्र.सं./Sr.No. : ..... दिनांक/Date : 10 सितम्बर से 15 अक्टूबर 2020

प्रमाणित किया जाता है कि श्रीमती/कुमारी/श्री ..... आयुष आर्य ..... सुपुत्री/पत्नी/पुत्र ..... श्री अखिलेश ..... निवासी ..... कैलाश टॉकीज ..... जिला ..... ग्वालियर ..... राज्य ..... म.प्र. देश ..... भारत ..... ने 100 घंटे का अष्टांग योग का बौद्धिक एवं प्रयोगात्मक प्रशिक्षण एवं कार्य क्षेत्र में क्रियात्मक प्रशिक्षण 200 घंटे सहित कुल 300 घंटे का योग शिक्षक प्रशिक्षण ..... A+ ..... ग्रेड\* में सफलतापूर्वक उत्तीर्ण किया है।

This is certified that Mrs./Miss/Shri ..... Ayush Arya ..... D/o/W/o/S/o ..... Shri Akhilesh ..... R/o ..... Kailash Talkies ..... Dist. ..... Gwalior ..... State ..... M.P. Country ..... INDIA ..... has completed 100 hours of Ashtang Yoga theoretical, practical & 200 hours of on ground practice training of total 300 hours successfully passed with ..... A+ ..... Grade\*.



साध्वी देवप्रिया  
Women Chief Central Coordinator



राज्य प्रभारी  
State Coordinator

शिविर आयोजक : महिला पतंजलि योग समिति, राज्य ..... म.प्र. ....  
Yog Camp Organizer : MAHILA PATANJALI YOG SAMITI, STATE ..... M.P. ....

मुख्यालय : महर्षि वैद्यचन ग्राम, निचड बहादुरगढ़, हरिद्वार-249402, उत्तराखण्ड ( भारत ) / Head Office : Maharshi Dayanand Gram, Near Bahadragarh, Haridwar-249402, Uttarakhand (India)

\* Grade: 'A' - 90% & above, 'B' 70 to 90%, 'C' 55 to 70%, 'D' 55% & above



# उत्तराखण्ड मुक्त विश्वविद्यालय UTTARAKHAND OPEN UNIVERSITY

Enrollment Number : 15069254



## बैचलर ऑफ योग एण्ड नैचुरोपैथी

प्रमाणित किया जाता है कि

आयुष आर्या

को निर्धारित पाठ्यक्रमों का अध्ययन पूर्ण करने और

जून-2020

की परीक्षा प्रथम श्रेणी में उत्तीर्ण करने के उपरान्त

बैचलर ऑफ योग एण्ड नैचुरोपैथी

की उपाधि प्रदान की जाती है।

## *Bachelor of Yoga and Naturopathy*

This is to certify that

**Ayush Arya**

after having successfully completed the prescribed courses of study in

**JUNE-2020**

Examination of the University with the **First Division** is hereby awarded the

Degree of

**Bachelor of Yoga and Naturopathy**

उत्तराखण्ड मुक्त विश्वविद्यालय  
हल्द्वानी, नैनीताल, उत्तराखण्ड  
Uttarakhand Open University  
Haldwani, Nainital, Uttarakhand



*Ajwagi*  
कुलपति  
Vice Chancellor

Date :28-Dec-2021





आयुष्य मंत्रालय, भारत सरकार  
Ministry of Ayush, Govt. of India



# Yoga Certification Board

## Certificate

**SHRI AYUSH ARYA**

is hereby certified as

**Yoga Teacher & Evaluator**

by

**The Yoga Certification Board**

under

the voluntary certification of yoga professionals,  
Ministry of Ayush, Government of India



**Certificate No.:**

**P030045480**

**Validity Period:**

**From 15-Apr-2023 to 14-Apr-2028**

**Evaluated by:**

**Institute, Lonavla**

**Kaivalyadhama Shriman Madhav Yoga Mandir Samiti, Kaivalyadhama Yoga**

(The validity of the certificate depends on the certified professional's continued compliance to prescribed competency standards and rules and regulations prescribed by the YCB for Yoga professionals.)

**Authorised Signatory**  
**Kaivalyadhama Shriman Madhav Yoga Mandir**  
**Samiti, Kaivalyadhama Yoga Institute, Lonavla**

**SUBODH TIWARI,**  
**Hon. Secretary & CEO,**

**Kaivalyadhama Shriman Madhav Yoga Mandir Samiti,**

**Kaivalyadhama Yoga Institute, Lonavla,**

**KAIVALYADHAM SHRIMAN MADHAVA YOGA MANDIR SAMITI,**  
**Swami Kuvalayananda Marg, Lonavla - 410403, (MS), India**



Issuing Date : 15-Apr-2023

**Authorised Signatory**  
**Yoga Certification Board**

**I. V. Basavaraddi,**  
**Head of Institution,**  
**Yoga Certification Board,**  
**Ministry of Ayush, Govt. of India,**  
**Vishwa Yuvak Kendra,**  
**Teen Murti Road, Chanakyapuri**  
**New Delhi - 110021**