



योगेन चित्तस्य पदेन  
वाचां, मलं शरीरस्य च  
वैद्यकेन। योऽपाकरोत् तं  
प्रवरं मुनीनां, पतंजलि  
प्रांजलिरानतोऽस्मि॥

YOGA IS A ONLY WAY TO  
GET HOLISTIC HEALTH



# YOGA INSTRUCTOR KIRTI LITORIYA



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## EDUCATION

Master's degree in Yoga education,  
Dr. Harisingh Gour University, Sagar, MP

## ABOUT ME

I have plenty of experience working as a yoga instructor. As part of my overall wellness initiatives, I frequently host yoga classes. The two main focuses of my yoga practise are yogic anatomy and spirituality. I concentrated on hath yoga, Patanjali yoga, Kundalini yoga, Swar yoga and different types of yogic sadhanas. I am researching to cure the diseases and disorders caused by modern lifestyles. Three years of experience working as a yoga instructor. Before my PG degree, I was connected deeply with this field. I had started the PG course just for extra information and experience.



## EXPERTISE IN



Asanas & their techniques

Mantras & their meaning and effects

Hast Mudras & their effects

Therapeutic yoga

Pranayam

Meditation

Yognidra (Yogic sleep)

Yogic Shatkarm (neti, tratak etc.)

Ashtang Yoga

Hath Yoga

Swar Yoga

## EXPERIENCE

2022: Yoga instruction, Central  
School No. 4, Sagar, M.P.

2021: I got the chance to be a part of  
the Gov. programme for the recovery  
of COVID-19 patients.

2019: Worked as a dance teacher,  
BMBSK, Tikamgarh, MP

In present working in my own Yoga  
center.



योगश्चित्तवृत्तिनिरोधः