

MR. MOHAN DASS E

Ph. - 91-9840261918

Email – mohandassyoga@gmail.com

OBJECTIVE

To revive my potential skills and talents for actualization, for the benefit of organization and society at large and hence succeed with the success of the Enterprise.

PROFESSIONAL PROFILE

Yoga Instructor - The Kunphen Center – Dharamsala From Aug 2018 To Till Date

RESPONSIBILITIES

Responsible for guiding members through invigorating and encouraging yoga practices.

Provided fitness counselling.

Discussed the benefits of beginning a yoga practice with members.

Safely guide the group through a series of revitalizing and rejuvenating asana.

Promoted safety through proper equipment and accurate demonstration of class.

Provided assistance to injured guests until the arrival of emergency medical services.

Ensured that area is clean, picked-up and ready for next class.

Provided tours to guests and employees as needed.

Promoted safety through accurate demonstration of class.

Ensured safety, comfort, and satisfaction of all students using the fitness area.

Clear explanation of benefits of Asanas, Pranayama and Meditation.

YOGA TEACHING STYLE

HATHA YOGA (ALL LEVELS)

YOGA THERAPY

GENTLE YOGA

YOGA FLOW

YOGIC STRETCH

MEDITATION YOGA

DYNAMIC YOGA

FITNESS YOGA

FULL MOON YOGA (EVERY MONTH)

GROUP CLASSES AND PERSONAL SESSIONS

SPORTS ACHIEVEMENT

Actively Participated **marathon** length of 5 kilometres 10 kilometres 21 kilometres 42.195 kilometres 50 kilometres 75 kilometres In (2005-2016) And won a First Position.

ACADEMIC CREDENTIALS

Completed Master in Yoga From hiyc Dharamshala India in 2017.

Completed Theology of body Bangalore India in 2012.

Completed emotional intelligence and inner healing Bangalore India in 2012

Completed pastoral counseling psychology Bangalore India in 2013

Xth from Methodist Mission High School Board, Bangalore in 2005.

PERSONAL INFORMATION

Address :

Date of birth : 26/08/1987

Language Known : Tamil,Hindi,Telugu,Kannada ,English

Hobby :



hereby certifies that

Mohan Dass

has completed a 198 hours*

**Intensive Yoga Course
"Pranic Healing"**

with Yoga Master Teacher Sharat Arora

from 2 to 22 April 2017

*comprising of 90 hours asana training, 36 hours guided relaxation,
18 hours pranayama, 36 hours self-practice and 18 hours lectures

signed

Sharat Arora
Sharat Arora

Yogacharya and Founder

Himalayan Iyengar Yoga Centre

www.hiyogacentre.com / info@hiyogacentre.com

Himalayan Iyengar Yoga Centre, Village Dharamkot, Dharamshala, 176219 Himachal Pradesh, India

Winter : Madhlo Vaddo, Arambol, 403524 North Goa, India



hereby certifies that

Mohan Dass

has completed a 198 hours*

**Intensive Yoga Course
"Pranic Healing"**

and 220 hours**

Teachers Training Course

with Yoga Master Teacher Sharat Arora

from 2 April to 13 May 2017

*comprising of 90 hours asana training, 36 hours guided relaxation,
18 hours guided pranayama, 36 hours self-practice and 18 hours lectures

**40 hours lectures, 90 hours asana teaching & therapeutic training and 90 hours self-practice

signed

Sharat Arora

Sharat Arora

Yogacharya and Founder

Himalayan Iyengar Yoga Centre

THIS CERTIFICATE DOES NOT ALLOW THE STUDENT TO TEACH YOGA UNTIL HE/SHE COMPLETES THE WHOLE TTC PROGRAM

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