

## **Reilly Rebello Profile - Yoga Teacher**

I am Reilly Rebello - a passionate yoga teacher certified by The Yoga Institute, Mumbai (advanced 900 hours TTC) and a mental health speaker.

My approach to yoga is grounded in traditional Hatha yoga with a strong emphasis on breath work. I believe that the breath is the foundation of a strong and sustainable yoga practice, and I teach my students to cultivate a deep awareness of their breath in every posture. Yoga is not just fancy insta-centric exercises.

Prior to living life as a full time yoga teacher, I was an advertising and marketing professional for over 20 years, leading teams and helping launch some of India's leading brands. I set up and led the digital marketing function at Aditya Birla Capital - Health Insurance and led the Marketing department at ZEE5 - India's leading OTT - overseeing all forms of marketing for their Original Series, Movies and Music verticals.

As someone who has experienced the stresses and pressures of corporate life, I understand the toll that it can take on mental health and am passionate about sharing the benefits of yoga and mindfulness with others, particularly those who work in high-pressure environments. I believe that incorporating these practices into daily life can help to reduce stress, improve focus and productivity, and promote overall well-being. My message is one of balance, urging individuals to prioritize their mental and physical health in order to thrive in today's fast-paced world.

It was this unique experience of quitting the corporate world to become a yoga teacher that took me to Moscow, Russia to speak at the first ever conference called 'LetsTalk' where speakers from Russia and across the world spoke on diverse topics. I represented India and spoke on technology and mental health and how yoga can help. The talk emphasized on the role of yoga in promoting self-awareness and self-acceptance.

Today, I teach traditional hatha yoga to students from across India and places as far apart as Australia and the Philippines.

I also hold thematic yoga retreats in scenic locales, across India.