



NAGARAJ.C.H (NAGALINGA.C.H)

YOGA KISHORA; YOGA KUMARA; YOGA RAKSHAKA

With lifelong yoga practice and over 8 years of teaching experience, I believe in the healing power of yogasana (yoga poses) as a holistic approach to good health and longevity. If you invest in your practice, Yoga is your doctor. Amen to that!

PERSONAL INFORMATION

Date of Birth: 26th August 1990

Language: English, Indian Language

Gender: Male

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Nationality: Indian

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WORK EXPERIENCE

S.G.S International Yoga Foundation, Colleague & Research Centre(R), Bangalore

Yoga Teacher.....2006-2007

Jagadguru Sri Shivanand Vidyapeeth(R), Kundgol.

Yoga Teacher.....2007-2014

Just Yoga Studio, Shanghai

Yoga Teacher.....2015-2017

Vivekanandayoga China(Shanghai)

Yoga Teacher.....2018-2019

Yogavashishth in Delhi

Yoga Teacher.....2020-

EDUCATION

Mahatma Gandhi Central University,Bihar

Bachelor of Arts.....2012-2015

SGS INTERNATIONAL YOGA FOUNDATION COLLEGE AND RESEARCH CENTER (R.)

Diploma in yoga.....2013-2014

CERTIFICATE

State Level Yogasana Championship Certificate

International Level Open Yogasana Championship Certificate

State Level Open Yoga Championship Certificate

International Level Open Yoga Championship Certificate

International Level Open Yoga Championship Certificate

International Level Open Yoga Championship Certificate

International Level Open Yoga Championship Certificate

Certificate

Certificate of Participation in International Yoga Coordination Ce

HONORS

Awards:

- Won 1st place in National & International level Yoga competition
- Won 1st place in District, Taluk & State level Yoga competition
- Won 2nd place in International Level Open Yogasana Competition 2008
- Won 2nd place in National Yogashana Open General Championship 2006
- Won 2nd place in State Level Yogasana Championship 2006
- Won 2nd place in State Level Open Yoga Championship 2010
- Won 4th place in world level Yoga competition

TEACHING STYLE OF YOGA

Hatha Yoga
Vinyasa
Advanced Asana
Slimming Yoga
Props Yoga
Power Yoga
Therapic Yoga
Arele yog

ADVANCED YOGA PERFORMANCE IN

Back Bending
Forward Bending
Balancing
Twisting