**KISHORE KUMAR M**

**YOGA THERAPIST & TEACHER / TRAINER**

Mobile (India) +91 7710055064 | email: [kishorekumarinfo@gmail.com](mailto:kishorekumarinfo@gmail.com)

PROFESSIONAL PROFILE PAGE - <https://www.teacheron.com/tutor-profile/5aMq>

**SUMMARY**

* Sincere and honest Yoga Practitioner and an enthusiastic and motivational yoga therapist / teacher / trainer / coach
* Learned and practicing Yoga in its traditional form and its scientific approach towards the human mind and body.
* Having experience working with people of all age groups and have deep knowledge of Asanas, Pranayama, Dharana / Dhyana (Concentration & Meditation), Kriya Yoga, Relaxation and OMKAR recitation
* Love inspiring others and motivating them for better living through yogic practices

**EXPERIENCE**

* Currently working as Free lancer / Self employed for 1+ years addressing various health conditions using the scientific / therapeutic aspects of yogic practices for Diabetics, Spine and Back, Anxiety, High Blood Pressure, Stress & all life style related diseases along with relaxation techniques
* Immunity / focus / concentration / memory got improved for a memory loss and low immunity student by using **VAGUS NERVE** specific yogic practices
* **REVERSED DIABETES** by using the yogic therapeutic aspects for **Type2 diabetic** and **high blood pressure** condition
* **PHOBIA, FEAR and ANXIETY** got significantly reduced and relaxedfor a 12 year kid having phobia
* Reversed the **BACK PAIN** and improved the **SPINE FLEXIBILITY** for a sports player having spine & lumbar back issue
* Working with people for stress, anxiety concern, strength conditioning, flexibility for holistic well being
* Experience in taking classes through an online medium for all age groups
* Worked with ‘S.A.D.T Gupta Yogic Hospital &Health Care Centre’ as a volunteer with people having various medical history
* Worked with ‘Sukshma Yoga Foundation’ for a month and dealt with people of different age groups and health conditions

**QUALIFICATIONS**

* **Post Graduate Diploma in Yoga Education** from **Kaivalyadhama Yoga Institute**, Lonavala, Maharashtra, INDIA.
* The course is accredited as an Advanced Certificate course from Indian Yoga association.
* 1000 ++ hour of Yoga Teachers Training (YTT)
* Knowledge of Traditional Yogic texts such as Patanjali’s Yoga Sutras, Hatha Yoga Pradipika, Gheranda samhita along with Human Anatomy and Mental Health
* Trained in **TRADITIONAL HATHA YOGA** including Asanas, Pranayama, Relaxation, Breathing techniques and meditation
* Kaivalyadham Gordhandas Seksaria College of Yoga & Cultural Synthesis is permanently recognized by the NATIONAL COUNCIL FOR TEACHER EDUCATION, NEW DELHI. Govt. of India, (Regd. Code is 114046) vide Letter No. WRC/9-9/NCTE/2004/2554Dated 21st April, 2004

**APPRECIATIONS**

* Certificate of Appreciation for assisting in the project “ Studies on effect of Yoga and relevant training on averting symptoms of Diabetes Type 2 and its correlation with the gene expression- A prospective outcome randomized controlled study” sanctioned by the Ministry of Ayush, Government of India
* Certificate of Appreciation from S.A.D.T Gupta Yogic Hospital and Health Care Centre for attitude of Seva
* Certificate of Appreciation for performing commendatory at 10th International Conference Yoga and Mental health: Scope, Evidence and Evolution

**PERSONAL INTERESTS and INFORMATION**

Trekking, Bike Riding, Hiking, Playing Cricket, Chess, Documentaries and Music

Tamil, English (Can Speak, Write and Read) and Hindi (Speak)