

VIGNESH M

Yoga Instructor

(14 years of Practitioner)



CONTACT INFORMATION

Address : 31, Oppilamaniyar Kovil Nagar,

Keeraithottam - 609 602

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Email : vigneshyoga96@gmail.com

City : Karaikal ,Puducherry State

Country: INDIA

KNOWN LANGUAGE

❖ TAMIL & ENGLISH

SKILLS IN TEACHING

- ❖ HATHA YOGA
- ❖ PROPS YOGA
- ❖ ACRO YOGA
- ❖ HATHA FLOW
- ❖ YOGA PYRAMID
- ❖ CORE YOGA
- ❖ ROPE YOGA
- ❖ RESTORATIVE YOGA
- ❖ PRANAYAMA
- ❖ MEDITATION & RELAXATION

QUALIFICATION

Diploma in Yoga Teacher

Centre for Technical & Vocational Development Science

Chennai (2017- 2018)

Bachelors of Arts

Aringar Anna Arts & Science college

Karaikal (2015-2018)

WORK EXPERIENCE

✓ *Sree Shanmuga Yogasramam*

Karaikal,Puducherry (2012 – Till Present)

✓ *Sainik & KC international School*

Vokkalery,Bengaluru (2011)

✓ *Dreamz Yoga Studio- vietnam*

Ho chi minh city, Vietnam (2018)

AWARDS & ACHEIVEMENT

- ❖ Won champion of championship in South India & State level Yoga competition during 2008, 2010 & 2012
- ❖ Won Second & Fourth prizes in international Yoga Competition during 2010 & 2012
- ❖ Won various prizes in State, South india and District level Yoga competition.
- ❖ Participated in SUN TV Yoga program called as "Nalamai Vazha "on 2009.
- ❖ Demonstrated Yoga at various Government & Private program to create yoga awareness among public.

CHAMPION SHIP IN YOGASANA COMPETITION



INTERNATIONAL LEVEL ACHEIVEMENTS



ASANA PERFORMED AT THE AGE OF 16





STATE LEVEL ACHEIVEMENTS





1st ALL INDIA YOGA CHAMPIONSHIP 2013-2014

Organised by : **OZONE YOGA TRUST & J.K.K.MUNIRAJAH COLLEGE OF TECHNOLOGY**

Reg No.



Merit Certificate

This is to certify that

M. VIGNESH of TAMIL NADU has participated in the event of ASANAS and won the I prize in the age group of COLLEGE in the 1st All India Yoga Championship 2013-2014 held on 27th October 2013 at J.K.K.Muniraja College of Technology, T.N.Palayam, Gopi Tk.,

Erode Dist. - 638 506.

Yoga Kalaimamani
V.BALAKRISHNAN
Founder - OYT
Tamilnadu

Yoga Kalaimamani
K.N.SREEVATHSAKUMAR
Vice President - IYYF
Karnataka

Dr.K.SRIDHARAN
Principal-J.K.K.M.C.T
Tamilnadu

Yogaacharya
B.DHINAGARAN
Founder-PYC
Pondycherry



Perarigner ANNA Centenary Celebration Yoga Championship '2009

Organised by



VISHNU BHARATH YOGA KALAI KOODAM

A Unit of VISHNU BHARATH HEALTH AND EDUCATIONAL TRUST Regd No.6872/07

Onbehalf of



TAMIL NADU YOGASANA ASSOCIATION

Regd 44/89-H.O. Madurai (Recognized by Sports Development Authority of TamilNadu)
(Affiliated of Yoga Federation of India - Indian Olympic Association)
(Tamilnadu Olympic Association)

TAMIL NADU STATE YOGA COMPETITION - 2009

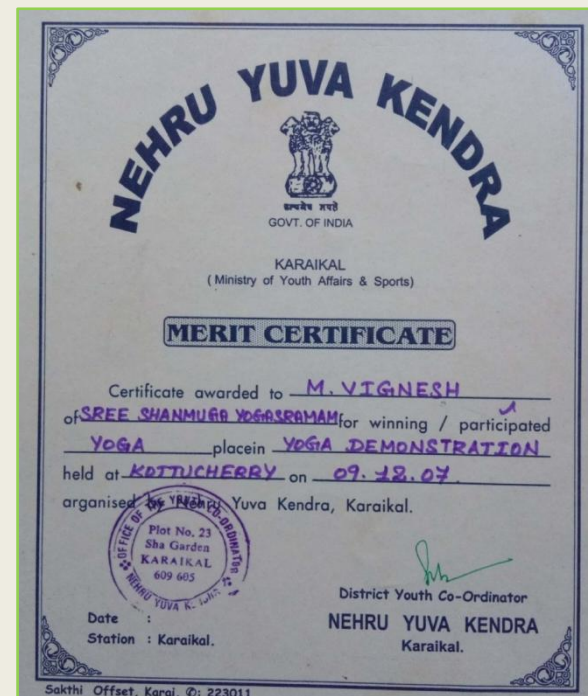
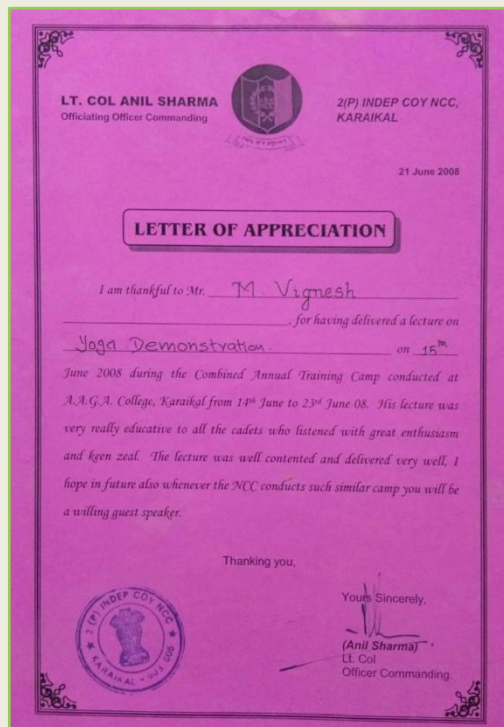
Certificate Of Merit

This is to Certify that M. VI G N E S H participated in the State Level Yoga Competition '2009, in the age group 13-16 yrs and Won THIRD BACKWARD event, held at Kailash Shreemahal, Anna Nagar, Chennai on Sunday 11th October '2009.

Dr. ASANA ANDIAPPAN B.A.Ph.D.,
President
TAMIL NADU YOGASANA ASSOCIATION

N. RAMALINGAM
General Secretary
TAMIL NADU YOGASANA ASSOCIATION

DEMONSTRATION



TV PROGRAMME

ASANA ANDIAPPAN COLLEGE OF YOGA AND RESEARCH CENTRE

(REGD : 122/93)

NO: 16, 21ST MAIN ROAD, ANNA NAGAR WEST, CHENNAI- 40. Ph : 044 2618 3709.

AIDED BY CCRYN MINISTRY OF HEALTH NEWDELHI
APPROVED BY M.S. UNIVERSITY & TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY



SUN TV

PARTICIPATION CERTIFICATE



This is to certify that M. VIGNESH had
participated in the SUN TV PROGRAMME (NALAMAI VAZHA) by
Dr.Asana Andiappan on 23.09.09 at SUN TV studio.



UK
ISO 9001 : 2000 CERTIFIED



Dr.ASANA ANDIAPPAN Ph.D

Director

ASANA PERFORMANCE







DO YOGA - NO ROGA



NAMASTE