

**Yogesh Haribhau Kulkarni**

• You

AI Advisor (Helping organizations in their AI journeys) | PhD (Geometric Modeling) | Tech Colum...  
now • 🌐

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🧘 Happy International Yoga Day 🧘

Today feels like the perfect moment to share a small but meaningful milestone on my yoga journey, I've finally managed to hold Shirshasana (the headstand) for a few seconds! 🙌 It's something I've been working towards for years. While it's far from perfect, it's a new beginning and I'm excited to continue improving with consistency. 🌱

Sharing again my sketchnote on Ashtanga Yoga for anyone who may have missed it earlier. 🎨 📝

🙏 A heartfelt thank you to everyone who's supported and appreciated my journey sharing a Yoga Namaskar in gratitude (pic below).

I've been practicing yoga on and off since childhood. My learning includes:

- ✅ 3 years of Level-1 at the Iyengar Institute
- ✅ 4 years of online sessions with Yogalaya (Rupa Kanade)
- ✅ Grateful to [Param Yoga - India \(Rashmi Ghatge\)](#) for their guidance during my Yoga certification

To make it easier for others, I've compiled various yoga resources and open-sourced them on my [GitHub](#):

📁 🌟 [yogeshhk/BharatVidya/tree/master/YogaShastra](#)

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