

KRISHNAKUMAR P.R.

Yoga Trainer

Krishnakumar started his career as a computer professional in the Middle East, but his interest in Indian culture and disciplines coaxed him to return to his native place. A patron of ancient healthcare disciplines, he then pursued a career in the tourism industry and headed the healthcare tourism section. He simultaneously began learning Yoga and Ayurveda. An ardent practitioner by himself, it did not take him much time to realize that yoga actually helps to deal with the trials and tribulations of modern life. He found himself soaring ahead in his career with application of the new found wisdom. He wanted to explore different dimensions of this discipline and wanted to share his knowledge with others. So he resigned his job and enrolled for a registered yoga trainer course. He also did a course in sports medicine. But that was not enough for him. Something was still missing. So he embarked on a soul-searching journey around the country in search of genuine masters to quench his thirst for wisdom. His interactions and learning sessions with them helped him to evolve himself in a holistic manner.

Now Krishnakumar has dedicated himself to sharing this invaluable wisdom among students who are genuinely interested in learning this mystic discipline. His classes are a good blend of traditional wisdom and modern scientific knowledge. Known for his equanimous attitude, he holds the view that knowledge about oneself is the road to self-contentment.

PROFESSIONAL OBJECTIVE:

Personable and passionate Yoga Instructor, dedicated to share the Yoga tradition and lifestyle with eager students.

WORK EXPERIENCE: - YOGA TRAINER

- **Director: Kriis Yoga (Affiliated with Yoga Alliance, USA)**
 - Conduct 200 hours Yoga Teacher Training Certification Course
 - Conduct Yoga Continuing Education Courses
- **Works as a freelancer@:**
 - **Sporty Beans, Tripunithura, Kochi (Yoga Studio) (From June 2017)**
 - **The Floor, Kakkanad & Girinagar Kochi (Yoga Studio) (2017-18)**
 - **Govt. Sanskrit College, Tripunithura, Kochi (special programme)**
- **The Choice School, Tripunithura, Kochi (May 2014 to April 2017)**
- **Shamana Spa, Grand Hyatt, Bambolim, Goa (Nov 2013 to Feb 2014)**
- **Biorhythm Wellness Health Club, Kaloor, Kochi. (April 2013 to Oct 2013)**

OTHER ASSOCIATIONS:

- ❖ **Associated with Ayurvedas World, New York, USA**
- ❖ **Conduct corporate workshops**

QUALIFICATIONS:

- Practicing Yoga for past 7 years with practical knowledge of various styles such as Classical & Vinyasa with a generous understanding of the philosophy of yoga.
- Facilitated movement classes with proper biomechanics.
- Designed programs according to individual & group needs.
- Good communication and interpersonal skills.
- Compassionate, intuitive and non-judgmental teaching style.
- Reliable and committed teacher to students and studios.

CERTIFICATIONS:

❖ Yoga

- **Certification of Yoga Professionals (Level 2 –Yoga Teacher)**
Conducted by: **Ministry of Ayush, India**
Batch: Dec 2018
- **Registered Yoga Teacher (300hrs Certification): *Yoga Alliance International***
Pattern followed: *Sivananda Yoga*
Institute: **Shanti Yoga Teacher Training Institute, Trivandrum, Kerala, India.**
Batch: May 2018
- **Master Class for Yoga Teachers (90hrs Certification)**
Institute: **Kaivalyadhama Health & Yoga Research Center, Lonavla, Pune, India**
Batch: November 2016
- **Registered Yoga Teacher (200hrs Certification) : *Yoga Alliance International***
Yoga Teacher Training: *National Centre for Labour & Learning*
Pattern followed: *Sivananda Yoga*
Institute: **Shanti Yoga Teacher Training Institute, Trivandrum, Kerala, India.**
Batch: March 2013

❖ American College of Sports Medicine – CPT

- ***Certified Personal Trainer (Level -3)* from American College of Sports Medicine**
Year: Dec 2015
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