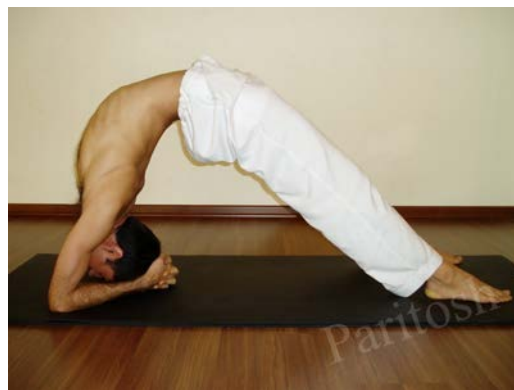


# PARITOSH SHARMA



[paritoshsharma21@yahoo.com](mailto:paritoshsharma21@yahoo.com)

+60146472729

## Profile

I am a certified yoga instructor with a Diploma in Yoga Education from GS College of Yoga and Cultural Synthesis, Kaivalyadhama, in Pune, India. My yoga practice began in 1990 under the guidance of Bramachari Sri Rudragauda of Yoga Study Centre in Rishikesh. I then came into contact with Swami Rama of the Himalayas and in 1995, was initiated into the Himalayan tradition by Swami Veda Bharati and became part of the Himalayan community thereafter. My yoga studies continued under BKS Iyengar's senior students at Ramamani Iyengar Memorial Yoga Institute in 2004. I have 10 years of teaching experience and was appointed as Head of Yogazone's Teacher Training Course from 2006 to 2008, having trained up to 100 teachers in both Malaysia and India. My areas of specialisation includes Asanas (postures), Patanjali Yoga Sutras (Yoga Philosophy), Shatkarmas (cleansing techniques), Pranayama (breathing practises) and Yoga Nidra and Shitilikharana (subtle relaxation practises)

## Yoga Studies

1990 – 1998	<b>Yoga Study Centre, Rishikesh, India</b>
1998 – 2003	<b>Swami Rama Sadhana Mandir, Rishikesh, India</b>
2003 – 2004	<b>GS College of Yoga and Cultural Synthesis, Kaivalyadhama, Pune, India</b> Diploma in Yoga Education
2004-2005	<b>Ramamani Iyengar Memorial Yoga Institute, Pune, India</b>

## Employment History:

2010 – Present	<b>Cinq Energies International Therapy Centre, Kuala Lumpur</b> Yoga Teacher
2010 – Present	<b>Yogshakti, Kuala Lumpur</b> Yoga Teacher

2010 – Present	<b>Chi Fitness, Bangsar Shopping Centre, Kuala Lumpur</b> Yoga Teacher
2008 – 2010	<b>Yoga Life , Ampang, Kuala Lumpur</b> Yoga Teacher
2006- 2008	<b>Yoga Zone Group Sdn. Bhd., Kuala Lumpur</b> Head of Teacher Training Course
2005- 2006	<b>Himalayan Centre for Yoga and Meditation, Singapore</b> Yoga Teacher
2004 -2005	<b>GS College of Yoga and Cultural Synthesis, Kaivalyadhama, Pune, India</b> Yoga Lecturer

### **Workshops**

Have conducted workshops on the following topics during tenure at Yoga Zone :

- Holistic Health
- Alignment
- Yoga Philosophy
- Kriya Yoga

### **Interests**

Classical guitar, music and arts