

ABHINAV SAGAR

E-RYT 500 – SENIOR BIKRAM INSTRUCTION
PROFESSIONAL EXPERIENCE

TEACHING AND PRACTICING YOGA FOR 18 YEARS

1. Managing and teaching at Bikram yoga studio (U.S)	Jan 2008 to til date
2. Bikram yoga (India)	Jan 2007 to Dec 2007
3. Bikram yoga (Singapore)	Mar 2006 to June 2006
4. Bikram yoga (U.S.A)	Mar 2005 to Dec 2006
5. Flex Industries, U.P (India)	June 2000 to Feb2005
6. The Grand Hyatt hotel, New Delhi	June 2000 to June 2004
7. Independent news service Pvt. Ltd	June 2000 to June 2004
8. Indian Prime Minister House	Sept 2001 to Oct 2001
9. Ester Industries, New Delhi, India	Oct 2003 to Sept2005
10. American Embassy—Minister Mr. Steven	June 2000 to June 2004
11. Singapore Embassy-Deputy ---Ms. Siulin	Sept 2003 to Sept 2004
12. Philippines Embassy-Deputy --Ms. Maria	June 2003 to February 2005

EDUCATIONAL AND YOGA QUALIFICATIONS

1. Teacher Training (200hrs) Vinyasa Flow Yoga, Santa Cruz, CA (2010-11)
2. M.B.A from California, USA
3. Bikram yoga instructor fall 2004 from Los Angeles, USA.
4. Did yoga teacher Training from “Bihar Yoga Bharti” University. India (1999-2000)
5. Received yoga title ‘LEO’ from Swami Vidyanand 2004
6. Completed Basic teacher training in yoga in ‘Transformational yoga’ (2004).
7. Got initiated as a ‘Healer’ by Sri Nityananda of ‘Nityananda Foundation’.
8. Stayed in BYB Ashram for a year and did Teacher Training in “ Satyananda Yoga “to do research and learn about yoga and meditation.
9. Bachelor in arts, Geography (H) from Delhi University, India.

AWARDS AND TITLES

1. Won All India yoga championship in 2000.
2. Received the Title “Leo” by Swami Vidyanand in 2004.
3. Member of organization ‘World Yoga Society.
4. Got national level certificate in Trekking and Rock Climbing.
5. Adjudged Best Cadet by Ministry of Defence India.

PUBLICATIONS

1. Featured in the Front Page Story of San Jose Mercury Newspaper “Beat the Heat”
2. Sports Illustrated magazine (august 2006)—How to improve your core muscles with Yoga featuring Tony Parrish, co-captain 49ers player (American football).
3. Cosmopolitan magazine (January 2004)—How to improve eye power by yoga.
4. Cosmopolitan magazine (July 2003)—How to take care of your Spinal cord

5. Analysis (October 2003)—Trendy yoga with style and attitude.
6. The Hindustan Times—How Yoga solves today's stress.
7. The Statesman— Different kinds of yoga

INTERESTS AND ACTIVITIES

1. Reading books on yoga philosophy & therapy.
2. Enhancing body flexibility by yoga postures.
3. Adventure activities, rock climbing.
4. Computer- Writing programs in Java.
5. Dance - Stage performer (Break dance).

LANGUAGES

English, Hindi (Spoken & Written)

DATE OF BIRTH: 27 October 1981

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