



Sudha Sudanthi

www.discoverSwasth.org

Bangalore, India
Mobile: 9916182843

EDUCATION

	SIVANANDA YOGA	
2006	Teacher training course (TTC)	Kerala, India
2008	Advanced teacher training course (ATTC)	Kerala, India
	VETHATHIRI MAHARISHI ASHRAM	
2006	Personality Development Course	Aliyar, India
	VIPASSANA MEDITATION	
2006	10-day meditation course	Chennai, India
2009	10-day meditation course	Massachusetts, USA
2013	10-day meditation course	Bangalore, India

KARMA YOGA (SELFLESS SERVICE)

2006	Sivananda Yoga Vedanta Ashram Assistant - 30-day Kids Yoga Camp	Kerala, India
2008	DiscoverSwasth, Inc. Founder/Director of 501(c)(3) organization Yoga, Art, Healing, Nature & Community www.discoverSwasth.org	Virginia
2009	Vipassana Meditation Centre Kitchen Manager – 10-day meditation course	Virginia

TEACHING

Classic Hatha Yoga taught regularly at:

2006-2007	Sivananda Center	Chennai, India
2008-2009	PurePrana	Alexandria, VA
2008	Fairfax County Parks & Recreation	Fairfax, VA
2009	Veria	Bethesda, MD
2009	XSport Fitness	Alexandria, VA
2009	Safe Places (victims of domestic violence)	Fairfax, VA
2012	Asali Yoga	New York, NY
2012	Reebok Sports Club	New York, NY
2014	Yogisthaan	Bangalore, India

Classic Hatha Yoga taught through DiscoverSwasth at:

2009-2010	Advanced Simulation Technology, Inc.	Reston, VA
2010	Millennium Towers	Pentagon City, VA

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<http://www.allpm.com/index.php?name=News&file=article&sid=1999>