



Banu Suresh YTT750

Yoga Trainer/ Wellness Coach

CV2020

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- Producer/ Host of YOGAPRESS, weekly wellness tv series in New York since 2010
  - Yoga Trainer/ Wellness Coach with long-term focus on preventive healthcare
  - Led various wellness workshops at several branches of New York Public Library
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Academic	TESL Accreditation, UC Berkeley Extension, 1998 MA English, University of Madras, Chennai, 1978
Professional	150 hour Nutrition Study Program, Ayurveda's World NYC 2018 300 hour Yoga Teacher Certification, Sonic Yoga NYC in 2016 200 hour Yoga Teacher Certification, Sacred Sounds NY 2015 100 hour Yoga Teacher Certification, Shiva Kendra Asia 2005
Certifications	Studio Production/ TV show host for yogapress, 2010 - 2019 First Aid/ CPR/ AED certification, American Red Cross, 2016 Workshop in Business Organization (16 wk intensive), 2009 Integrated Marketing Communications, NYU - SCPS 2008
Teaching ESL (Hong Kong/ US)	Language Training Consultant, Hong Kong, 2001- 04: (Carlyle Asia, HK General Chamber of Commerce, Polytechnic University, Vocational Training Council)  ESL Instructor, California, United States, 1994 - 2000: (College of Alameda, City College of San Francisco, St. Mary's College, UC Berkeley Voluntary Program)
Work Experience (NSW, Australia)	Banded Customs Officer 90 - 93, Commonwealth Public Service Community Liaison Officer Jan - Dec 1989, Ethnic Affairs Commission Assistant Research Officer 87 - 88, Community Services Department

Profile - Variously proficient in English, Hindi, Japanese, Tamil. Skills include writing, art, public speaking. Australian Government interpreter/ translator. Competent toastmaster. Adapted/ edited revolutionary yoga book, 2004. Trademarks - yogapress, brownie magic.

Yoga - Designed ailment-specific yoga stretch sequence/ sun salutation poster, 2005. Contributed 8-part yoga column, New Paper 2006. Distributed yoga wellness postcards at NYC Summer Solstice 2007. Offered yoga titles via BN.com/ Whole Foods/ Amazon.

Summary - Confident, motivated, organized. Function well under pressure. Good communication skills. Attention to detail. Flexible attitude with strong work ethics. Can analyze situations rationally before making intelligent recommendations.