



BANU SURESH YTT750

Yoga Trainer/ Wellness Coach

CV2020

- Producer/ Host of **yogaxpress**, 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

Academic	TESL Accreditation, UC Berkeley Extension, 1998 MA English, University of Madras, Chennai, 1978
Professional	150 hour Holistic Health Counselor Certification, NYC 2018 300 hour Yoga Teacher Certification, Sonic Yoga NY 2016 200 hour Yoga Teacher Certification, Sacred Sounds 2015 100 hour Yoga Teacher Certification, AHS-Shiva Kendra 2005
Certifications	Trauma Conscious Yoga Training, Connected Warriors, 2016 First Aid/ CPR/ AED certification, American Red Cross, 2016 Studio Production/ TV show host for yogaxpress 2010- 2014 Workshop in Business Organization (16 week intensive), 2009 Integrated Marketing Communications, NYU - SCPS 2008
Website	Launched content-based website yogaxpress.com 2007
Teaching ESL (Asia and US)	Language Training Consultant , Hong Kong, 2001- 04 (Carlyle Asia, HK General Chamber of Commerce, HK 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 (Australia)	Banded Customs Officer 1990-93 (Commonwealth Public Service) Community Liaison Officer -1989 (Ethnic Affairs Commission, NSW) Assistant Research Officer '87-88 Community Services Department

Profile - Variously proficient in Bengali, English, Hindi, Japanese, Sanskrit, Tamil. Skills include writing, art, public speaking. Australian Government interpreter/ translator. Competent toastmaster. Adapted & edited revolutionary yoga book in 2004. Trademarks owned yogaxpress and brownie magic. Worked in telephone sales, media, and airline industry.

YOGA - Designed ailment-specific yoga stretch sequence and sun salutation poster 2005. Contributed 8-part yoga health column New Paper 2006. Distributed yoga wellness postcards NYC Summer Solstice 2007. Published/ distributed yoga titles via Barnes & Noble, Whole Foods, Amazon in US, MarketAsia - Singapore, and Bookazine - Hong Kong.

Summary - Confident, motivated, organized. Function well under pressure. Very good written/ verbal communication skills. Attention to detail. Effective inter-personal skills. Flexible attitude with strong work ethics. Ability to analyze situations rationally before making intelligent recommendations. NY State License- Food Handler, Real Estate Sales.