

# INDRANI SINGH

ASANA | PRANAYAMA | MEDITATION

I see yoga as a holistic practice that improves physical, mental, and spiritual health. In my lessons, I focus on the breath while developing body awareness and mindfulness, thereby integrating the practice of *asanas* (postures) with *pranayama* (breathing techniques), and mindfulness. I have taught yoga for 4 years at beginner and intermediate levels to a wide spectrum of age groups in various contexts; from 5th graders in Cape Town's township schools to retired staff and faculty as part of the Wellness Program at Cornell University.

## TRAINING

YOGA ALLIANCE CERTIFIED 200 RYT  
WITH JIM HARRINGTON,  
SOUTH AFRICA 2010

FINDING YOUR BANDHAS  
WITH LIZ FALK  
ITHACA, NY 2012

SEVEN LEVELS OF INTIMACY: ALIGNING  
CHAKRAS FOR BETTER RELATIONSHIPS  
WITH JUDITH ANODEA  
2013

MINDFULNESS BASED STRESS REDUCTION  
8-WEEK PROGRAM WITH NICK BOYAR  
ITHACA, NY 2014



## CONTACT

[WWW.INDRANISINGH.COM/YOGA.HTML](http://WWW.INDRANISINGH.COM/YOGA.HTML)

EMAIL: [SINGHIND@GMAIL.COM](mailto:SINGHIND@GMAIL.COM)

CELL: +1- 641-275-2432

## TEACHING EXPERIENCE

YOGA INSTRUCTOR, FITNESS CENTERS, CORNELL UNIV., ITHACA NY 2011-14

Taught 3 weekly classes at fitness centers located across Cornell University's campus. Classes ranged from 15-25 in size and were attended by university students, staff, faculty and the general public. Class styles and formats included: (i) *Basic Ashtanga*, a beginner level class that introduced participant to the Primary Series, (ii) *Ashtanga & Pranayama*, which emphasized breath awareness, breathing techniques, and integrated breathing exercises into the asana practice, (iii) *Core Conditioning Yoga*, popular among younger students and particularly male beginner students, focused on core and upper body strength by integrating drills and exercises into sun salutations and vinyasas. I also offered two Contact Yoga Workshops aimed at enhancing relationships between friends, classmates, coworkers, yoga partners, or lovers using partner-based yoga postures.

YOGA INSTRUCTOR, VETERINARY COLLEGE, CORNELL UNIV., ITHACA, NY 2011-14

These class were organized by staff and faculty who sought some lunch time respite from their desk jobs. I taught 2 weekly Gentle Flow for Office Folks classes in which sequences focused on stretching and relaxing the shoulders and hips.

YOGA INSTRUCTOR, WELLNESS PROGRAM, CORNELL UNIV., ITHACA, NY 2014

The wellness program offers classes for retired staff and faculty at the university. I taught as a substitute teacher and prepared sequences focused on mindfulness, gentle stretching using props, and relaxation.

## REFERENCES

Diane Fine (former supervisor)  
Assistant Co-ordinator, Group Fitness, Cornell Univ., Ithaca, NY  
Email: [df89@cornell.edu](mailto:df89@cornell.edu)

Julie Powell (former student)  
Courseware Programmer, Vet College, Cornell Univ., Ithaca, NY  
Email: [jp266@cornell.edu](mailto:jp266@cornell.edu)

A'nna Seewall (former student)  
NASM-CPT, Doctoral Student, Nutritional Sciences, Cornell Univ.  
Email : [ams724@cornell.edu](mailto:ams724@cornell.edu)