

INDRANI SINGH

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I see yoga as a practice that improves physical, mental, & 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), & mindfulness. I have taught since 2011 at beginner & intermediate levels to a wide spectrum of age groups in various contexts; from 5th graders in Cape Town's township schools to retired staff & faculty as part of the Wellness Program at Cornell University.

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

Power of Awareness
with Tara Brach and Jack Kornfield
2016

The Yoga Sutras of Patanjali
with Christopher Wallis
2017

Mindfulness Meditation Teacher Certification
with Jack Kornfield and Tara Brach
2019-2021

YOGA INSTRUCTOR, FITNESS CENTERS, CORNELL UNIV. , ITHACA NY

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 participants 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 etc. partners, or lovers using partner-

YOGA INSTRUCTOR, VETERINARY COLLEGE, CORNELL UNIV., ITHACA,

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 relaxation.

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

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

REFERENCES

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

Francis Vanek (former student)
Senior lecturer, Dept. of Civil & Env. Engineering, Cornell Univ., Ithaca, NY
Email: fmv3@cornell.edu

Anna Sewall (former student)
NASM-CPT, Doctoral Student, Human Ecology, Cornell Univ.

