



## SFA Training Club – Yogis of East.

Coach details:

Photo	Name & Credentials
	<p><b>Shashi Kumar:</b></p> <ul style="list-style-type: none"><li>• Shashi Kumar is a Founder, Director of Yogis of East Yoga Studio &amp; Therapeutic Clinic and a Global Wellness Practitioner with over 18 years of hands-on experience in the industry of Yoga, Wellness and Spa.</li><li>• He completed his Postgraduate in Preventive and Promotive Healthcare from the well-known Apollo Hospitals in Hyderabad where he acquired and practiced the skill of wellness.</li><li>• In 2005 he moved to Dubai as a wellness consultant to join the world's best chain of spas, "Six senses" which was based in Jumeirah group of hotels and resorts.</li><li>• Since 2012 till date he is an Independent professional in the field of Health and Wellness, providing services to high profile clients, hotels, resorts, yoga studios and organizations, also conducting yoga retreats worldwide such as India, Dubai, United states of America, London, Brazil, South Africa, Kazakhstan and Lebanon.</li><li>• He is also a registered yoga teacher 200(RYT200) with Yoga alliance USA &amp; certified TRX (United States Navy SEALS suspension training, body weight exercise) Personal and Group Fitness trainer.</li></ul>