



**Sumit Kumar Manav**  
Founder, Lifestyle Yoga

Sumit Kumar Manav is a celebrated Yoga personality and has been acknowledged as one of the top 10 Yoga teachers from India. His revolutionary fitness techniques have been well acclaimed by both regional and international media. By understanding modern lifestyles, he has successfully created a fusion of ancient Yoga practices to cure many vexing lifestyle ailments through his brand Lifestyle Yoga.

Sumit's journey began from the North Indian town of Baghpat in Uttar Pradesh and took him to the Himalayas, home of pure yoga, where he discovered Yoga as a way to human consciousness and overall well-being. Sumit began practising Yoga in 1992 at the age of 12 under the guidance of his Guru Shreeram Sharma Acharya in the Himalayas. During his four-year training, he interacted with the mystics and it was this experience that brought him closer to understanding the physiology and psychology of the human body.

In 2004, he earned his degree, a Post graduate Diploma in Yoga Science and Human Consciousness, from Haridwar in India and since then has been acclaimed as a professional trainer/therapist, spreading magic of yoga throughout the world.

Today, he spreads his wisdom of Yoga through practicing and facilitating progressive yoga through dynamic asanas, pranayamas, counselling, reflex actions and therapy. He has trained and facilitated many corporate workshops and has conducted induction programs for beginners as well as professional group classes. Hundreds of people, particularly those suffering from diabetes and hypertension, have benefited from his Pranic healing therapy.

From training corporate groups for leadership skills, to providing consultancy and advice to people regarding correct methods of exercising using fitness equipment to actual body pump, backbends and arm balances with Astanga Yoga to actual fitness coaching, he has touched upon every aspect of well-being that he personally considers important.

## **Experience**

1. More than 15 year and 18000 hour of teaching experience .
2. National yoga champion
3. Thought 200 plus workshop and Meditation course
4. Thought yoga in Germany , Austria , Malaysia ,India .
5. Member of Indian Association of Yoga
6. Expertise : RAJ YOGA / HATHA YOGA / YOGA THERAPY / AQUA YOGA / MEDITATION / KRIYA YOGA / HEALING /

## **Education**

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1. 3 YEAR Bachelor Course in PHYSICAL EDUCATION
2. CERTIFIED IN PRANIC HEALING
3. ONE YEAR DIPLOMA IN YOGA AND HUMAN CONSCIOUSNESS
4. ATTENDED MANY NATIONALLY AND INTERNATIONAL YOGA CONFERENCE
5. PRACTICE UNDER BKS IYENGAR FOR 2 YEARS
5. 2 YEAR IN OSHO COMMUNE IN PUNE

For more information, please visit [www.lifestylehyogadubai.com](http://www.lifestylehyogadubai.com) You can also contact Sumit Manav on 055-2223542