

Yatindra Chauhaan

Certified Yoga
Teacher



Profile

Dedicated and certified yoga teacher with over three decades of experience in yoga, naturopathy, and holistic health. Passionate about transforming lives through positive and mindful practices. Currently associated with United Consciousness, committed to promoting wellness and natural living.

Contact Person



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Professional Experience

- Associated with Institute of Yoga and Ayurveda and Arogya Seva Samiti since 1997
- Associated with Yog Vidhya Bhavan, Vashi
- Worked as a Civil Engineer for Maharashtra Government, Mumbai (1985-2012)
- Performed Online Practical Yoga Asana in International Yoga held in 2023 at Germany
- Performed live Practical Yoga Asana in United Consciousness Conclave 2023

Education

- Graduate Program in Construction Management
- Diploma in Yogic Science, Yoga Vidhya Niketan, Vashi, Navi Mumbai
- Diploma in Naturopathy and Natural Living, Yog Vidhya Niketan, Vashi
- Pursuing MA in Yoga, Maharishi Mahesh Yogi Vedic Vishwavidyalaya

Expertise

- Completed Landmark Forum, Landmark Worldwide (2012)
- Completed Landmark Curriculum, Landmark Worldwide (2014)
- Team Management and Leadership Program, Landmark Worldwide (2017)
- Passionate about performing 108 Suryanamaskars with Beej Mantra daily; achieved 500 Suryanamaskars in 5 hours continuously in 2022

Certifications

- Certified Yoga Teacher
- Indian Yoga Association

Hobbies and Interests

- Trekking, running, cycling, long driving, reading, learning, and teaching yoga

Passion

- To transform others' lives with a positive difference

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Yatindra Chauhaan, born on October 1, 1963, is a dedicated and certified yoga teacher with over three decades of experience in yoga, naturopathy, and holistic health. Passionate about transforming lives through positive and mindful practices, Yatindra is currently associated with United Consciousness, where he is committed to promoting wellness and natural living. His educational background includes a Graduate Program in Construction Management, a Diploma in Yogic Science from Yoga Vidhya Niketan in Vashi, Navi Mumbai, and a Diploma in Naturopathy and Natural Living from the same institution. He is also pursuing an MA in Yoga from Maharishi Mahesh Yogi Vedic Vishwavidyalaya.

Yatindra's professional journey is marked by his long-term association with the Institute of Yoga and Ayurveda and Arogya Seva Samiti since 1997, as well as his involvement with Yog Vidhya Bhavan in Vashi. He also has a substantial background in civil engineering, having worked for the Maharashtra Government in Mumbai from 1985 to 2012. His expertise is further enriched by his completion of the Landmark Forum, Landmark Curriculum, and the Team Management and Leadership Program from Landmark Worldwide.

A passionate practitioner, Yatindra performs 108 Suryanamaskars with Beej Mantra daily and achieved a remarkable feat of completing 500 Suryanamaskars in 5 hours continuously in 2022. He has also showcased his skills on international platforms, performing online practical yoga asanas in Germany and live at the United Consciousness Conclave in 2023. Beyond his professional life, Yatindra enjoys trekking, running, cycling, long driving, reading, learning, and teaching yoga. His ultimate passion is to make a positive difference in others' lives through his teachings and practices.