

## Yoga Teaching, Therapy & Naturopathy Training

Monika Ramasamy, Adv. Dip. Nat, Dip. I.Y.T.A, Dip I.Y.A.A.

<b>Date:</b> 1994-2023	<b>Teaching &amp; Therapy Activity:</b> <b>70, Community Practice, Bangsar,</b> Naturopath/Yoga Therapist <b>Osteohub, Sri Hartamas,</b> Naturopath/Yoga Therapist <b>Yoga-Instructor,</b> self-employed <b>Havana-Estudio,</b> Kuala Lumpur <b>Jiva-Yoga-Studio,</b> Kuala Lumpur <b>Dance-Step Studio,</b> Kuala Lumpur <b>Geetha-Ashram,</b> Petaling Jaya <b>Federal institute of Ballet,</b> Bangsar	
<b>Date:</b>	<b>Name and type of education Qualification</b>	<b>Form</b>
11.09.2023	EFT Seminar prerequisite program	Cert. of Attendance
07.08.-11.08.2023	Second N2RTU <b>Workshop on Nutrigenetics, Nutrigenomics</b> and Data Analysis for Precision Nutrition	Cert. of Completion
12.02.2023	<b>Looking Beyond Individual Diseases, Cell-Logic</b> G.E.M.M. Upskill 2022	Cert. of Recognition
07.02.2023	<b>Gut Ecology and Metabolic Modulation, Cell-Logic</b> G.E.M.M. Upskill 2020	Cert. of Recognition
04.02.2023	<b>Gut Ecology and Metabolic Modulation, Cell-Logic</b> G.E.M.M. Foundation Course	Cert. Of Recognition
11.09.2022	<b>The Energy Blueprint Program</b> Ari Whitten, Patrick McKeown Online Breathing Program - ongoing	Online ongoing
25.05.2022	<b>The Microbiome</b> Daniel Roytas, Online Webinar	Cert. Of Attendance
15.10.2019	<b>Interpreting Function Tests: A Functional Medicine Perspective</b> Daniel Roytas, Online Webinar	Cert. Of Attendance
07.10.2019	<b>Workshop on Food IgG, Chronic Inflammatory Symptom Management by Exclusion Diets</b> AIMM, Delegate	Cert. Of Proficiency
04-06.10.2019	<b>2nd International Integrative Medicine Conference, KL</b> AIMM, Delegate & Speaker	Cert. Of Attendance

24-25.11.2018	<b>The International Annual Nutritional &amp; Lifestyle Medicine Symposium, KL</b> AIMM, Delegate	Cert. Of Attendance
2018	<b>Yoga for Osteoporosis</b> YogaUOnline, Teaching and Practice Foundation	Cert. Of Completion
29.08.2018	<b>The Role of Progesterone in Womens Health</b> Dr Natasha Andreadis CREI, Live Webinar	Cert. Of Attendance ATMS
22.08.2018	<b>Interpreting the Full Blood Count</b> Daniel Roytas, Live Webinar	Cert. Of Attendance
21.08.2018	<b>Neuroscience, Health &amp; Wellbeing</b> ATMS: Live Webinar	Cert. Of Attendance ATMS
2015-2018	<b>Advanced Diploma of Naturopathy (HLT60512)</b> Australis College Australia - RTO 31518	Adv. Dip. Nat
31.10.2017	<b>First Aid Certificate</b> St John, Melbourne, Australia	Statement of Attainment
24.-26.02.2012	<b>Anusara Yoga, Kuala Lumpur</b> Désiree Rumbaugh, Yoga Therapy Workshop	Cert. of Attendance
28.-29.08.2010	<b>Anusara Yoga, Kuala Lumpur</b> Désiree Rumbaugh, Yoga Workshop	Cert. of Attendance
26.-27.08.2010	<b>Anusara Yoga, Kuala Lumpur</b> Désiree Rumbaugh, Mini Teacher Training	Cert. of Attendance
01.-02.08.2009	<b>Anusara Yoga, Kuala Lumpur</b> Martin Kirk, Yoga Anatomy Training	Cert. of Attendance
27.-31.05.09	<b>Anusara Yoga, Kuala Lumpur</b> Amy Ippoliti, Eye of the Tigress practice Amy Ippoliti, Mini Teacher-Training Amy Ippoliti, Yoga Therapy training	Cert.of Attendance Cert.of Attendance
04.-08.12.08	<b>Anusara Yoga, Kuala Lumpur</b> Desiree Rumbaugh, Immersion 3 3rd part of Teacher Training/Immersion 3 Anusara Yoga Teacher Training, Kuala Lumpur	Cert.of Attendance Cert.of Attendance
11.-15.6.08	<b>Anusara Yoga, Kuala Lumpur</b> Amy Ippoliti, Immersion II Second Part of Teacher Training/Immersion 2	Cert.of Attendance

23.-27.11.07	<b>Anusara Yoga</b> , Kuala Lumpur Desiree Rumbaugh, Immersion I First Part of Teacher Training/Immersion 1	Cert.of Attendance
21.8.04	<b>Introduction to First Aid and cardio Pulmonary resuscitation</b> <b>Malaysian Red-Crescent Society</b> , K.L.	Certificate
1.2.01-26.7.04	<b>Yoga Teacher Training</b> <b>Integral Yoga Academy of Australasia</b>	Diploma
2003	<b>Yoga seminar - Donna Farhi</b> Gravity, Breath and Alignment Commonwealth Club, Kuala Lumpur	Cert. of Attendance
14.-16.11.03	<b>Yoga seminar - Simon Borg-Olivier</b> Viniyasa Yoga Shambala Yoga Singapore	Cert. of Attendance
07.-08.09.2002	<b>Yoga seminar - Dr. Barbara Bova</b> <b>International Himalayan Yoga Association</b> Prana and Suppleness Yogshakti-Yogacentre Kuala Lumpur	Cert. of Attendance
28.02.-01.03.01	<b>Yoga Seminar - Mr. Ashutosh Sharma</b> <b>International Himalayan Yoga Association</b> Coordination between movement and breath Raintree club Kuala Lumpur	Cert. of Attendance
27.08.1998-20.10.1999	<b>Yoga Teacher Training 1998/99</b> <b>International Yoga Teacher Association Inc.</b>	Certificate Diploma program
07.-12.07.1999	I.Y.T.A. residential workshop, Sydney, Australia	
10.-11.07.1998	<b>LIKA workshop, Edith Gross &amp; Gabi Tramonti</b> <b>Movement and Breath</b> Kuala Kubu Bharu, Malaysia	Prospectus
15.04.-22.04.1998	<b>Yoga teacher training</b> <b>Mangrove Mountain Ashram, Australia</b> Teachers in-service Week	Cert.of Attendance
25.08.1997	<b>Indian Classical Dance</b> <b>Temple of Fine Arts, Kuala Lumpur</b> Graduating public solo performance Bharata Natyam, <b>Arangetram</b>	Certificate
04.01.-30.11.1990 17.07.1990	<b>Anatomy and Physiology</b> <b>Touch for Health I</b>	Certificate

17.07.1990	<b>Touch for Health II</b> <b>South Pacific College of Natural Therapeutics (N.Z.) Inc</b>	Certificate Letter of confirmation
01.01.-20.12.1988	<b>Yoga Teacher Training</b> <b>D.L.S International Yoga Academy, Auckland, N.Z.</b>	Letter of confirmation Diploma of honor

hours
8 hrs.
45 hrs.
1.5 CPE
2 CPE
8 CPE
8 weeks
2.5 CPE
2 CPE
1 day
3 days

3 days
9 hours
1.5 CPE
1.5 CPE
1.5 CPE
3 years
7 hours
15 hours
10 hours
12 hours
12 hours
2 hours 18 hours 12 hours
30 hours 30 hours
30 hours

30 hours
8 hours
2 years
15 hours
12 hours
12 hours
12 hours
1 year 6 days
16 hours
8 days
7 Years
1 year 12 hours

12 hours  
1 year

1 year