

# Santosh

# Santosh David Smith

WELLNESS COACH

## CERTIFICATIONS

Continuing Education Provider  
2016 Yoga Alliance  
ERYT 200 RYT 500 Hour  
Registered Yoga Teacher  
2013 Yoga Alliance  
500-Hour Teacher Training  
2012 Ashram Yoga NZ  
200-Hour Teacher Training  
2012 Ashram Yoga NZ  
Neuro-Linguistic Programming Practitioner  
07/10/13 American Union of NLP  
Yoga Massage Certification  
02/28/13 Ashram Yoga  
Yoga Nidra Level 2 Instructor  
04/30/12 Ashram Yoga  
Yoga Nidra Level 1 Instructor  
03/31/12 Ashram Yoga  
500-Hour Kriya Yoga Teacher  
08/31/10 Brahma Yoga Spa  
Tattwa Shuddhi Instructor  
08/31/10 Brahma Yoga Spa  
Registered Hypnotherapist  
09/15/12 Hypnosis New Zealand  
Reiki Master/Teacher  
02/14/07 Church of ToTaolity  
CPR/AED for Professional Rescuers  
with First Aid  
02/28/15 American Red Cross  
Water Safety Instructor  
03/06/15 American Red Cross  
Heartsaver First Aid/Pediatric First Aid  
08/22/13 American Heart Assoc.  
Professional Training of Others  
03/25/09 YMCA of the USA  
Emergency Oxygen Administration  
03/30/09 Amer. Safety & Health Inst.  
Healthcare Provider  
03/30/09 Amer. Heart Association  
Aquatics Program Leader  
06/01/08 Arthritis Foundation of Am.  
Swim Lessons Instructor  
03/23/08 YMCA of the USA  
Bachelor of Fine Arts: Theatre Arts  
12/31/04 Western Kentucky Uni.

## ONGOING

### MEDITATION MONDAYS

2018 - Present Santoshananda Yoga .com  
Free informal meditation class and session at Boyle County Public Library.

### HALF DAY YOGA RETREAT

2016 - Present Thrive Studio-BereaCentered Studio  
Lexington, KY  
Teach *1hr slow flow with pranayama* and *1hr yoga nidra* at a monthly half day yoga retreat monthly in conjunction with LaughterYogaWorks.com.

### YOGA INSTRUCTOR

2012 - Present Ashram Yoga Ltd. New Zealand  
Travel to facilitate &/ be Lead of various workshops and teacher trainings worldwide as representative of Ashram Yoga's intellectual property.

## PAST CLASSES

### AQUA YOGA

2013 - 2015 McDowell Wellness Center USA-KY  
Gentle stretching class in a shallow heated pool including balance and breathing sections.

### MEDITATION & RELAXATION

2014-2015 McDowell Wellness Center USA-KY  
Anti arthritic stretches flowing into breathing practices and guided meditation.

### INTRO TO KIRTAN

2012 & 2013 Nadi Wellness Center Queenstown, New Zealand  
Facilitating *Kirtan* (Music Yoga) sessions as well as teaching how to lead *kirtans* and play harmonium.

### LAUGHING YOGA

2013 Studio Sangha and Bikram Yoga Queenstown, New Zealand  
All ages, family friendly, interactive games based upon laughing.

## FESTIVALS

### PLAY THINK

2016, 17 & 18 Homegrown Hideaways Berea, KY  
Poster design; 2 Yoga Nidra classes; Emotional Health Techniques

### RECLAMATION

2016 Kentucky's Regional Burning Man Event KY  
Logo design; Interactive art display; Yoga Nidra

### BURNING MAN

2015, & 17 Black Rock Desert Black Rock City, NV  
Icebreakers; Yoga Nidra; Druken Yoga; Meditation

### KIWI BURN

2013 New Zealand's Regional Burning Man Event NZ  
Introduction to the Chakras - Symbology and Exploration

## MEDIA

### CREATIVE MEDIA PRODUCER AND PRESENTER

2012 - 2013 Ashram Yoga LTD New Zealand  
Establish and operate the online media presence for the longest running yoga charity in New Zealand. Responsible for: graphic design; marketing & promotion; all aspects of data management including create, edit and update files, software, and hardware. Adobe Master Suite skills were essential.



Santosh took vows to be a *sannyasin* (a type of yogic monk) while living on an ashram in New Zealand in 2012. Since getting his yoga name Swami Santoshananda Saraswati, Santosh has sought ways to fulfil his vow to spread the joy of yoga.

He has international experience in making yoga accessible by combining his Bachelor of Fine Arts with over 1000 hours teaching experience and 500 hours of yoga teacher training.

Registered with Yoga Alliance for over four years he also teaches and trains as a Continuing Education Unit Provider. His approach to yoga can be summed up as a multi-spectrum interactive approach to therapeutic yoga combining esoteric sciences, modern sciences, and the fine arts.

Santosh travels the world happy to share the yoga that has had such a profound impact on him and many others. Continued thanks to his direct lineage Swami Shantimurti Saraswati and Ashram Yoga in New Zealand.



## A Sampling of CLASSES, COURSES & OFFERINGS

### GENTLE HATHA FLOW

A simple set of flows designed to be easy to do while giving a good anti-arthritis and anti-rheumatic strengthening stretch.

### RESTORATIVE YOGA

Super gentle class using pillows blankets and bolsters to support the body into deeper relaxation achieving four poses in a one hour session.

### CHAKRA FLOW YOGA

Chakra flow takes you through poses designed to locate and stimulate your *chakras* and bring a powerful subtle awareness to your practice.

### TRADITIONAL SATYANANDA STYLE

One and a half hour class taking the students through poses and flows into a *pranayama* breathing session followed by meditation instruction. Offered in Beginner, Intermediate, and Advanced.

### YOGA NIDRA

After some easy stretches, lie down and be guided in and out of a meditation developed to release tension in each of your five yogic bodies. Relax, rejuvenate, and promote healing with this guided relaxation where all you have to do to get the benefits is get comfortable and listen.

### EMOTIONAL HEALTH TECHNIQUES

Workshop(s) introducing foundational techniques for mitigating transcendental, psychedelic, and heightened emotional experiences. Fun guided techniques, discussion, and practice.

### INTRO TO MEDITATION

Six class course designed to introduce six different meditation techniques and explore a continuing practice of *Ajapa Japa*.

### PRANAYAMA

Introductory, Intermediate, and Advanced workshops on yogic breathing, its benefits, and exploration of *prana* as experiential life force.

### LAUGHTER YOGA

Theatre games combined with yogic practices to let go of the hyper-critical self. Great aerobic work out and way to get rid of stress.

### SACRED SEXUALITY

Academic and experiential exploration of *Tantric* practices to bring awareness and sacred intent into the integral aspect of your sexuality.

### YOUR SUBTLE BODIES

Seven workshops covering the introduction of the esoteric composition of whole person. Covers: *Chakras*, Your 5 Yogic Bodies (Koshas), Nadis, *Tattwas* and *Tattwa Shuddhi*, Yogic Symbology, *Vayus*, *Akashas*.

### TEACHER TRAINING

Yoga Alliance Certified Continuing Education Contact Hours training in *Kirtan* Leading, Meditation, Yoga Nidra, Progressive Relaxation Techniques, *Pranayama*, Esoteric Yoga and more.

## ART

### ART AND YOGA

Workshops from Making and Coloring *Mandalas*, Crafting *Malas* (meditation beads), Drawing *Yantra* (sacred yogic geometry), to Body Art - Henna and *Mendhi* with Sacred Intent.

### KIRTAN

Experience the healing, heart opening expression of *bhakti* (the yoga of emotions) that is the musical chanting of Sanskrit.

## MEDIA

### GRAPHIC DESIGN AND CONSULT

Posters, flyers, brochures, web, graphics, logo, book art, animation, commissioned art.