

Manisha Sharma

Lecturer, Department of English New River Community College, Dublin VA

<http://www.manisha-sharma.com>

Internationally certified yoga teacher, practicing and teaching since 1994. Experience working with multiple audiences in India, Australia, and the United States

Yogah karmasu kausalam- Bhagwad Gita

Skill in action is yoga

EDUCATION

- Yoga Instructor's Course, December 2014
[SVYASA](#) Swami Vivekananda Yoga Anusandhan Samsthan University Bengaluru, India
30-day residential course. 300 Hours, 12 credits
CYAI Certified, Council of Yoga Accreditation International, Yoga Teacher, Silver Springs, MD
www.cyai.org
- MFA Creative Writing, Fall 2009
Virginia Polytechnic Institute and State University (Virginia Tech) Blacksburg, Virginia
- Ph.D. English Literature, August 2005
M.A. English Literature, 1999
B.A. History, Philosophy, English literature, 1997
Jai Narain Vyas University, Jodhpur (JNVU) Jodhpur, India

PROFESSIONAL EXPERIENCE

- Yoga Instructor, Blacksburg, VA (2002-Present)
- Yoga and Meditation, Griffith University, Brisbane, Australia, December 2015
- [Deep](#) Relaxation with music composition by Kim Cunio
2000+ views on youtube, Collaborative Project, Auroville, India 2014
- Sun Salute and Gentle Yoga, Auroville, India, October, 2014
- Taught yoga 3 times a week at Revitalize studio in Christiansburg, VA, Spring & Fall 2013
- Yoga and Breathing, Graduate Life Center, Virginia Tech, 2007
- Beginner's yoga at Blacksburg Community Center, Spring 2006
- Instructor, SMET (Self Management of Excessive/Executive Tension) Workshop, Jodhpur, India, 1997
- Yoga Instructor, Vivekananda Kendra, Kanyakumari, branch Jodhpur, (1994-2002)
- Types of yoga sessions conducted:
Beginner's yoga
Yoga for management of excessive tension
Yoga for bank professionals
Yoga for women
Yoga for children
Sun salutation workshops for children and college students. I have single-handedly instructed groups of a 100 students at a time.
Breathing (pranayama) and meditation
- Served as Member, Editorial Board Kendra Bharati, a Hindi monthly, socio-cultural magazine published by Hindi Prakashan Vibhag, Vivekananda Kendra, Jodhpur 1994-2002

RESEARCH AND INTERESTS

- Participant, Yoga for Diabetes, S-Vyasa University, Bengaluru, India, Dec. 2015
- Participant, International Yoga Conference, New Delhi

ORGANIZATIONAL AFFILIATION

- Council of Yoga Accreditation International (CYAI) Silver Springs, MD
- Swami Vivekananda Yoga Anusandhan Samsthan, (S-VYASA University), Bangalore, India

PUBLICATIONS

- A series of articles about physical postures called asanans and pranayama, a breathing technique, in Kendra Bharati
- Poetry, Silhouette magazine

REFERENCES

Dr. H.R. Nagendra
Chancellor, S-VYASA
University Bengaluru, India
hrnagendra1943@gmail.com
<http://www.hrnagendra.com>

Debbie Edwards
Revitalize Yoga and Massage Therapy, Christiansburg, VA
debbiehedwards@gmail.com

Dr. R. [Nagrathna](#)
Yoga Research, SVYASA University, Bengaluru, India
rnagaratna@gmail.com

Mr. Jack Leahy
Former Supervisor, Blacksburg Community Center
725 Patrick Henry Drive Blacksburg, VA 24060