



Master Sudip Kumar Giri, Yoga Teacher

Master Sudip has won an impressive list of Yoga Championships from an early age, including the Asian Yoga Championship in 2015. Coming from an athletic lineage with a champion body builder father and a basketball player mother, his accomplishments may seem as his birthright. However, Master Sudip says he was physically weak as a young boy and yoga made him stronger.

As he conquered his physical weakness, he began to wonder what the internal effects of yoga was on him? This question fueled his interest in yoga and he began to take formal lessons with Professor Prabir Karmakar at the age of 8. By the time he was 16 years old, he was certified a diploma in yoga therapy from Indian Institute of Alternative Medicines in Kolkata in 2006 and went on to complete a certified yoga course in Bharti Kala Kendra in Lucknow in 2007. His teaching career began at this point and he experienced the joy of sharing his knowledge and seeing his students benefit from the practice of Yoga.

To Master Sudip, yoga is a tool to gain mastery over one's mind, body and soul and the best way to explore one's inner self. He is an attentive teacher who gives detailed and helpful instructions in technique to achieve intermediate to advanced level asanas. His teaching style is upbeat and positive with an element of a fun workout.

