

Yoga Teaching, Therapy & Naturopathy Training

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

Date: 1994-2024	Teaching & Therapy Activity: 70, Community Practice, Bangsar , Naturopath/Yoga Therapist Osteohub, Sri Hartamas , Naturopath/Yoga Therapist Yoga-Instructor , self-employed Havana-Estudio , Kuala Lumpur Jiva-Yoga-Studio , Kuala Lumpur Dance-Step Studio , Kuala Lumpur Geetha-Ashram , Petaling Jaya Federal institute of Ballet , Bangsar		
Date:	Name and type of education Qualification	Form	hours
15.-19.5.2024	Barbara O'Neill Seminar Topics: True Cause of Disease; Cancer Causes & Lifestyle Prevention; Good digestion; Hormones & Sexual Health; The Liver; The Deit for Life; Sustainable Living Practices 1&2, Acid & Alkaline Balance; Thr Frontal Lobe, Alzheimer's; The Laws of the Mind; Salt, Fat & Balance	Attendance in Crown Crystal Hotel	20 hrs.
18.4.2024	MITOCHONDRIAL HEALTH AND THE SCIENCE OF UBIC DAVID FOREMAN – The Herbal Pharmacist	Cert. of Completion	1 hr
11.09.2023	EFT Seminar prerequisite program	Cert. of Attendance	8 hrs.
07.08.-11.08.2023	Second N2RTU Workshop on Nutrigenetics, Nutrigenomics and Data Analysis for Precision Nutrition	Cert. of Completion	45 hrs.
12.02.2023	Looking Beyond Individual Diseases, Cell-Logic G.E.M.M. Upskill 2022	Cert. of Recognition	1.5 CPE
07.02.2023	Gut Ecology and Metabolic Modulation, Cell-Logic G.E.M.M. Upskill 2020	Cert. of Recognition	2 CPE
04.02.2023	Gut Ecology and Metabolic Modulation, Cell-Logic G.E.M.M. Foundation Course	Cert. Of Recognition	8 CPE
11.09.2022	The Energy Blueprint Program Ari Whitten, Patrick McKeown Online Breathing Program - ongoing	Online ongoing	8 week
25.05.2022	The Microbiome Daniel Roytas, Online Webinar	Cert. Of Attendance	2.5 CPE
15.10.2019	Interpreting Function Tests: A Functional Medicine Perspective Daniel Roytas, Online Webinar	Cert. Of Attendance	2 CPE

07.10.2019	Workshop on Food IgG, Chronic Inflammatory Symptom Management by Exclusion Diets AIMM, Delegate	Cert. Of Proficiency	1 day
04-06.10.2019	2nd International Integrative Medicine Conference, KL AIMM, Delegate & Speaker	Cert. Of Attendance	3 days
24-25.11.2018	The International Annual Nutritional & Lifestyle Medicine Symposium, KL AIMM, Delegate	Cert. Of Attendance	3 days
2018	Yoga for Osteoporosis YogaUOnline, Teaching and Practice Foundation	Cert. Of Completion	9 hours
29.08.2018	The Role of Progesterone in Womens Health Dr Natasha Andreadis CREI, Live Webinar	Cert. Of Attendance ATMS	1.5 CPE
22.08.2018	Interpreting the Full Blood Count Daniel Roytas, Live Webinar	Cert. Of Attendance	1.5 CPE
21.08.2018	Neuroscience, Health & Wellbeing ATMS: Live Webinar	Cert. Of Attendance ATMS	1.5 CPE
2015-2018	Advanced Diploma of Naturopathy (HLT60512) Australis College Australia - RTO 31518	Adv. Dip. Nat	3 years
31.10.2017	First Aid Certificate St John, Melbourne, Australia	Statement of Attainment	7 hours
24.-26.02.2012	Anusara Yoga, Kuala Lumpur Desiree Rumbaugh, Yoga Therapy Workshop	Cert. of Attendance	15 hours
28.-29.08.2010	Anusara Yoga, Kuala Lumpur Desiree Rumbaugh, Yoga Workshop	Cert. of Attendance	10 hours
26.-27.08.2010	Anusara Yoga, Kuala Lumpur Desiree Rumbaugh, Mini Teacher Training	Cert. of Attendance	12 hours
01.-02.08.2009	Anusara Yoga, Kuala Lumpur Martin Kirk, Yoga Anatomy Training	Cert. of Attendance	12 hours
27.-31.05.09	Anusara Yoga, Kuala Lumpur Amy Ippoliti, Eye of the Tigress practice Amy Ippoliti, Mini Teacher-Training Amy Ippoliti, Yoga Therapy training	Cert.of Attendance Cert.of Attendance	2 hours 18 hours 12 hours
04.-08.12.08	Anusara Yoga, Kuala Lumpur Desiree Rumbaugh, Immersion 3 3rd part of Teacher Training/Immersion 3 Anusara Yoga Teacher Training, Kuala Lumpur	Cert.of Attendance Cert.of Attendance	30 hours 30 hours

11.-15.6.08	Anusara Yoga , Kuala Lumpur Amy Ippoliti, Immersion II Second Part of Teacher Training/Immersion 2	Cert.of Attendance	30 hours
23.-27.11.07	Anusara Yoga , Kuala Lumpur Desiree Rumbaugh, Immersion I First Part of Teacher Training/Immersion 1	Cert.of Attendance	30 hours

21.8.04	Introduction to First Aid and cardio Pulmonary resuscitation Malaysian Red-Crescent Society, K.L.	Certificate	8 hours
1.2.01-26.7.04	Yoga Teacher Training Integral Yoga Academy of Australasia	Diploma	2 years
2003	Yoga seminar - Donna Farhi Gravity, Breath and Alignment Commonwealth Club, Kuala Lumpur	Cert. of Attendance	15 hours
14.-16.11.03	Yoga seminar - Simon Borg-Olivier Viniyasa Yoga Shambala Yoga Singapore	Cert. of Attendance	12 hours
07.-08.09.2002	Yoga seminar - Dr. Barbara Bova International Himalayan Yoga Association Prana and Suppleness Yogshakti-Yogacentre Kuala Lumpur	Cert. of Attendance	12 hours
28.02.-01.03.01	Yoga Seminar - Mr. Ashutosh Sharma International Himalayan Yoga Association Coordination between movement and breath Raintree club Kuala Lumpur	Cert. of Attendance	12 hours
27.08.1998-20.10.1999	Yoga Teacher Training 1998/99 International Yoga Teacher Association Inc.	Certificate Diploma program	1 year 6 days
07.-12.07.1999	I.Y.T.A. residential workshop, Sydney, Australia		
10.-11.07.1998	LIKA workshop, Edith Gross & Gabi Tramonti Movement and Breath Kuala Kubu Bharu, Malaysia	Prospectus	16 hours
15.04.-22.04.1998	Yoga teacher training Mangrove Mountain Ashram, Australia Teachers in-service Week	Cert.of Attendance	8 days
25.08.1997	Indian Classical Dance Temple of Fine Arts, Kuala Lumpur Graduating public solo performance Bharata Natyam, Arangetram	Certificate	7 Years
04.01.-30.11.1990	Anatomy and Physiology		1 year
17.07.1990	Touch for Health I	Certificate	12 hours
17.07.1990	Touch for Health II	Certificate	12 hours
	South Pacific College of Natural Therapeutics (N.Z.) Inc	Letter of confirmation	1 year
01.01.-20.12.1988	Yoga Teacher Training D.L.S International Yoga Academy, Auckland, N.Z.	Letter of confirmation Diploma of honor	1 year

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