



# KIRTI GAHLAWAT

*(Master Yoga & Meditation Guru)*

Certified Yoga Teacher | Marma Therapist | Qualified  
Yoga Examiner

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Yoga is art and science. It is an ancient Indian set of practices comprising a lifestyle. It has multiple physical, mental, and spiritual benefits, and influences of the mind on the body are far more powerful than the influences of the body on the mind. The immense benefits of yoga are well established across the world. According to a survey done in the US, yoga was perceived in several ways such as an exercise activity, spiritual activity, or a way to treat a health condition. The reasons for practicing yoga were for general wellness, as a physical exercise, and for stress management. The majority of the respondents practiced yoga for better health, while the remaining ones practicing yoga for specific health conditions. **Kirti yogafit** Training course attracts Yogis from around Poland and the World.

YOU CANNOT ALWAYS CONTROL WHAT GOES ON OUTSIDE  
**BUT YOU CAN ALWAYS CONTROL WHAT GOES ON INSIDE**





## Trainer's Profile

***Kirti has been teaching Yoga for over a decade now and is now the co-Founder of "Kirtiyogafit".***

Kirti discovered the magic of Yoga at a tender age of 9 and was successful at achieving her first milestone within 3 years by winning the Gold medal at Yoga World Championship. She obtained her Bachelor of Science in June 2012 from the University of Punjab in India and subsequently because of her childhood passion for Yoga she pursued her Post Graduate Diploma in Yogic Science from Uttarakhand Sanskrit Vishvavidyalaya, Haridwar. To enhance, refine, and upgrade her self with all the latest and effective Yoga asanas she acquired a 300 hours certification from Yoga Alliance International and emerged as a Certified Yoga teacher in 2015. Kirti also obtained her Yoga Teaching and Examiner certification in June 2015 from the Ayush Department of Government of India. Apart from Yoga, Kirti is also an accredited Marma Therapist, from Mrityunjaya Mission, Haridwar since 2016. Within Yoga, her specialization etched into Ashtanga, Vinyasa, Pathanjali, and other traditional forms of yoga. Stepping forward with rich experience in teaching Yoga along with a detailed study of Yogic Science, she emerged as an Independent Trainer and thereafter collaborated with a few premium institutes of India like Satya Group of Colleges, Tranceform Yoga, and Yogstars Studio. Her journey of spreading knowledge about Yoga as a "Mode of Discipline" evolved and further enhanced her credibility, when she was designated in the Embassy of India – Warsaw - Poland, by the Indian Council for Cultural Relation – Govt. of India. Ever since the winter of 2017, there has been no looking back. She sliced through every wave coming her way with charisma and superior subject matter expertise; gently but persistently winning over her vision and mission of spreading Yoga internationally. Her stay in Poland as an **Ambassador to Indian culture for Yoga** gave her a handful of opportunities to conduct several interventions to teach Yoga in the Polish Community. She created a systematic approach to conduct Yoga sessions in Embassy for Polish locals and other Prominent Diplomats from various countries. Her passion to spread Yoga Benefits in the new land of Poland made her conduct various in-house and external events. She conducted various events for International Yoga Day from 2016 to 2020 and promoted, curated, and taught through yoga workshops. Her duties gave her opportunities to facilitate Yoga workshops across different parts of Poland and Lithuania. And this made her achieve a milestone of 1000+ students in Warsaw in 2019 from a raw base of only 2 students with whom she began her journey in 2017. She has conducted 771 classes & 133 events in Poland since December 2017 which covered more than 30,000 students.



*Kirti had been selected amongst the top 14 talented students in India on 'Bal Divas' at age of 19 by Dainik Bhaskar and was featured in Children's Day special nationwide edition. She has achieved several mentions in eminent Hindi, English newspapers like the Tribune, Times of India, Hindustan Times, Dainik Bhaskar, Amar Ujjala, etc. for achievements in the field of YOGA. She was interviewed by Dzien Dobry TVN show in 2018 as Yoga Ambassador to Poland from India. And have been featured in Yoga & Ayurveda Magazine of Poland for Bosonamcie (the online yoga portal). She has been invited as a guest to various radio channels on the International Day of Yoga, 2018 in Poland. And have been featured multiple times in Jagran Sakhi Magazine in India.*



Kirti's Key Achievements

- Won 1st prize in World Yoga Championship, Portugal, 2003.
- Achieved Silver medal in World Yoga Championship, Delhi, 2005.
- Received one Gold & one Silver Medal in Asian Yoga Championship, Thailand, 2011.
- Have been a six times Gold Medalist in National Yoga Championships.
- Won Two times Bronze Medals in National School Games (Yoga)
- Seven times Gold Medalist in Haryana State Yoga Championships.
- Five times Gold Medalist in Haryana state School Games (Yoga).
- Won Two Gold & Two Silver medals in Haryana state Inter-Centre Yoga Competitions.

- Worked on a short assignment with the Indian Council for cultural relations (ICCR) as a yoga ambassador for the 2nd International Day of Yoga, 2016 (Warsaw, Poland) to promote traditional yogic practices.
- Master Yoga trainer at the Indian Council for cultural relations (ICCR) in 2017.
- Official Yoga teacher at Royal Lazienki Park by Indian Embassy, Poland.
- Appointed yoga teacher for Spouses of the head of missions (SHOM) in Warsaw, Dec. 2018 to Feb. 2020
- Yoga Ambassador in the main International day of yoga celebratory events in Poland & Lithuania in cities like Warsaw, Krakow, Wroclaw, Lodz, Vilnius etc. from 2018 to 2020.
- Personal Yoga trainer to the Ambassadors of India, Argentina, and Albania to Poland.
- Conducted Yoga workshops on stress management, mindfulness, and Indian culture for Corporates like Credit Suisse, Infosys, P&G, Himalaya in Warsaw, and Lodz.

The Proliferation of YOGA in Land of Poland

Kirti's deputation as a Teacher of Indian Culture at the Embassy of India from Dec 2017 to Jul 2020 has been a breakthrough in the Proliferation of YOGA in the Land of Poland.

- Her reach in spreading Yoga as a healthy lifestyle can be easily witnessed with the numbers of trainees she has achieved in the land of Poland

Embassy of India in Poland

Duration: Dec 2017 to Jul 2020      No. of Classes: 771      Students Trained: 2555

Outreach Events

No. of Events: 133      Students Trained: 30946

- She has organized an average of 24 classes a month for Yoga students.
- She has conducted several meditation sessions. Also with her mastery of executing guided meditations, she has guided a lot of beginners to gain the benefits of meditation.
- Organized and participated in all cultural events hosted at the Embassy of India and other local Indian events.
- Taught Yoga and Indian culture to the Polish and Indian community of Poland
- Worked towards building a buzz about Yoga and the benefits in Warsaw, Krakow, Wroclaw, Katowice, Lodz, and other major places in Poland and Lithuania.
- Created great momentum during International Yoga day festivals in large gatherings and attracted the crowd to pursue Yoga as Health & Wellness practice.
- She has been the flag bearer of Yoga and Indian culture and has trained at Universities, Colleges, Cultural centers, Historical Monuments, Parks and Palaces by Audio & Visual - Presentations on yoga & Indian culture.
- Facilitated and lead dozens of Group yoga events.
- Have trained dozens of Sanskrit students on Mantra chanting performance.
- Conducted yoga group classes for Children, Adults and senior citizens on various forms of Yoga like:
  - Hatha yoga
  - Asthanga yoga
  - Pranayama
  - Meditation
  - Yoga for lifestyle disorders
  - Yoga for Children
- She has a group of 700+ polish participants on Facebook to share the information regarding yoga classes at the Embassy. And have more than 100 positive reviews on the Facebook yoga page which she started to promote yoga in Poland.





Contribution During Global Pandemic

Due to the spread of COVID- 19 globally she designed a very unique approach to make YOGA reach the houses of millions. She designed and conducted the 2020 International Day of Yoga by 21 days Yoga Marathon—the event was christened “Ghar Ghar Se Yoga”. She included different topics for immunity booster, Healthy lifestyle for various age groups and daily Yoga which she spread in 21 days camp. The Embassy of India in Warsaw celebrated the International day of yoga virtually. The celebrations were live-streamed on the Embassy’s Facebook page, YouTube channel and Twitter and many citizens of Poland joined this initiative to grow their immunity and build a strong mind in these challenging and uncertain times. The campaign was designed with the yoga - ayurvedic healthcare essentials to fight back against Coronavirus. Following is a quick snapshot of her Yoga teachings to fight back Corona:

Day's	Program Title
Day1	Yoga for the respiratory system
Day 2	Yoga for Immunity system
Day 3	Yoga for Anxiety
Day 4	Yoga for Digestion
Day 5	Common Yoga Protocol – Part I
Day 6	Common Yoga Protocol – Part II
Day 7	Yoga for relaxation
Day 8	Traditional hatha Suryanamskar
Day 9	Yoga for stress management
Day 10	Yoga for strength & Stability
Day 11	Yoga Concentration & Balance
Day 12	Common Yoga Protocol (full practice session)
Day 13	Yoga for Obesity
Day 14	Yoga for Insomnia
Day 15	Yoga for depression
Day 16	Yoga for Media-Corporate Personnel
Day 17	Yoga for Women
Day 18	Yoga for Children
Day 19	Yoga for Healthy spine
Day 20	Dhyana (Meditation)
Day 21	Main International Day of Yoga event with Common Yoga Protocol.



Kirtiyogafit Signature Skills

Depression | Pregnancy | Women | Anxiety | Strength & Stability | Digestion | Insomnia | Obesity

With 19 years of Yoga of cumulative experience "Kirtiyogafit" is aiming to build a platform to simplify the intricate classical yoga techniques and unbelievable progress within a quick span. And help individuals to realise their true self, calling of their inner voice to live a fulfilled life.

"Kirtiyogafit" helps it's students to achieve strong body, calm mind, a sense of overall balance, wellbeing and mental health. With a broad range of services offered for Kids, Youth, Professionals, Pregnat Females

"Kirtiyogafit" is a spreading the brilliance of yoga and is dedicated to taking students through a transformation of body, mind & spirit!