



Hesam Samimi

CONTACT INFORMATION	Ananda Los Angeles	hesam@anandala.org (310) 597-9376 http://www.hesam.us/yoga
SUMMARY	Motivated, experienced, and certified Ananda Yoga and Meditation teacher. I aspire to share these ancient sacred practices with students.	
CERTIFICATIONS	Ananda Meditation teacher training	Sep 2015
	<i>Ananda School of Yoga and Meditation, Nevada City, CA. USA</i>	
	Ananda Meditation techniques help one become calm, develop concentration, get a balanced perspective on life, and cultivate happiness and spiritual magnetism. Deeper practice of these ancient techniques leads seekers towards Self-realization and enlightenment.	
	200-hour Ananda Yoga teacher training (RYT200)	Jul - Aug 2015
	<i>Ananda School of Yoga and Meditation, Nevada City, CA. USA</i>	
	Ananda Yoga is a unique Hatha yoga practice that promotes physical health and fitness and flexibility, calms the mind, and uplifts the spirit. It emphasizes the friendship between the mind, body and spirit. This focuses on the connection between the yoga postures and the attitude of the mind. Ananda also brings the powerful tool of affirmation into yoga practice in order to help raise the consciousness. Ananda Yoga and Meditation are based on the highest ancient yogic practices of India.	
EXPERIENCE	Meditation & Yoga Teacher	Jan 2015 - present
	<i>Ananda Los Angeles, Los Angeles, CA. USA</i>	
	Leading small groups in yoga and meditation lessons and practices, chanting, as well as discussions on universal yoga teachings, specifically teachings of Paramhansa Yogananda.	
AFFILIATIONS	Yoga Alliance	
	RYT200 member 2015, Yoga insurance	
SKILLS	daily meditation (3 years) and yoga (7 years) practices, harmonium and chanting, spiritual counseling, life coaching	