



yoga life of  
RANJITH KUMAR



yoga is the journey of the self,  
through the self, to the self...  
: the bhagavad gita





## my yoga journey

Ranjith Kumar, founder of Sarvam Soulfulness, have immersed himself in the sacred practice of Yoga for over two decades, intertwining it into the very fabric of his daily life routine. His teachings touch the hearts and minds of countless seekers, empowering them to embark a transformative journey of self-discovery. It's a journey of dedication that has bestowed upon his serenity, confidence, unwavering strength, vibrant health, enhanced flexibility, and a fearless spirit, both within and beyond the realms of the yoga practicing space. Driven by a sacred mission to enlighten and inspire, he seeks to share knowledge, wisdom, and transformative experiences, for unlocking the latent potential within each individual.



### **YOGA TEACHER TRAINING COURSE (YTTC) Yoga Siromani - Teacher of Yoga**

The International Sivananda Yoga Vedanta Centre, Trivandrum, Keralam, India.  
(Certification from headquarters, Sivananda Ashram, Quebec, Canada).

A comprehensive and life-transforming journey into the ancient science of Yoga, offering deep immersion in traditional practices through the Gurukula system. The curriculum covers the study and practice of Yoga Philosophy, Hatha Yoga, Ashtanga Yoga, Anatomy and Physiology, the Bhagavad Gita, Meditation, Chanting, and special training in Yoga Therapy, as well as Yoga for people with special needs, children, teens, prenatal mothers, and senior citizens.

### **ADVANCED YOGA TEACHER TRAINING**

The International Vasishtha Yoga Foundation, Calicut, Keralam, India.

This advanced-level teacher training is a profound expansion of classical Yoga. Designed for experienced practitioners and certified instructors, the course offers deeper exploration into advanced Hatha Yoga and Ashtanga Yoga sequencing, focusing on intelligent structuring of classes to bring about holistic well-being.

### **GRAND MASTER CERTIFICATION IN NLP (Neuro Linguistic Programming)**

Atmamitra, Centre for Training, Guidance & Counseling (A Kerala Jesuit initiative under Socio Religious Centre), Ernakulum, Keralam. Certification from STED Council (Scientific & Technical Education Development Council) recognized by Govt. of India.

### **CERTIFICATE IN YATP (Youth Animators Training Programme)**

Atmamitra, Centre for Training, Guidance & Counseling  
(A Kerala Jesuit initiative under Socio Religious Centre), Ernakulum, Keralam.

### **CERTIFICATE IN CLINICAL HYPNOTHERAPY (Level 1 & 2)**

Sacred Heart College Department of Counselling Psychology Thirupattur and Fountain; Capuchin Institute of Counselling, Psychotherapy and Research, Krishnagiri, Tamilnadu.

### **CERTIFICATE IN BASIC LEVEL COUNSELLING AND PSYCHOTHERAPY**

Anugraha; Capuchin Institute of Counselling, Psychotherapy and Research, Dindugal, Tamilnadu. Recognized by the TCPCE (Toronto Centre for Psychotherapy and Counselling Education).

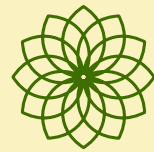
Training in Counselling and Psychotherapy Unit-1, comprising both theory (50 CPD hours) and supervised Counselling Skill Practice (50 CPD hours).

### **CERTIFICATE IN EXPRESSIVE ART THERAPY**

Anugraha; Capuchin Institute of Counselling, Psychotherapy and Research, Dindugal, Tamilnadu. Recognized by the TCPCE (Toronto Centre for Psychotherapy and Counselling Education).

Expressive art therapy is a therapeutic approach that utilizes various forms of creative expression such as visual arts, painting, music, dance, writing, and theatre to promote emotional well-being and personal growth.

☯ Lifetime Yoga Prashikshak member in the prestigious Indian Yoga Association



## SARVAMSOUFULNESS

**Sarvam Soulfulness International Foundation**, initiated by Ranjith Kumar in 2013 and based in Keralam, India, is deeply rooted in the ancient traditions of the **Sivananda Yoga Vedanta Research Centre**. Our mission is to empower individuals through timeless Yoga knowledge and transformative practices, fostering lasting positive change.

At Sarvam Soulfulness, an array of bespoke programs awaits, each meticulously designed to unlock the boundless potential within. From **enchanting classes** that kindle the inner flame to **rejuvenating wellness camps** that replenish the soul, our offerings extend to **soul-stirring retreats**, **inspiring vacations**, and **enlightening seminars**, all devoted to raising awareness about the profound magic of Yoga.

### ELEVATE AND UNITE - YOGA FOR ALL

Socially Responsible Yoga Initiative

Yoga for all is a socially responsible initiative bringing Yoga's healing benefits to communities like orphanages, rehabilitation centres, hospitals, schools, prisons, and senior care centers. This program offers transformative tools like Yoga, breath work, meditation, mindfulness, and healing therapies for people of all ages, genders, and abilities.

### SERENE YOGA WELLNESS RETREAT EXPERIENCE

Renew your mind - Rejuvenate your body - Restore your spirit

This is a carefully designed week-long immersion into serenity and self-discovery. Experience a transformative blend of yoga, breath work, meditation, mindfulness, and healing therapies for complete well-being.

### MIND FIESTA

Empower Your Mind, Transform Your Life

This is a specially designed program to unlock potential, overcome mental blocks, and become your most empowered self. It sharpens focus, ignites inner strength, and leads to a life of limitless possibilities, with each day bringing more balance, empowerment, and inspiration.

### SARVAM CONSCIOUS LIVING CIRCLE

Embark on a Journey of Inner Harmony

A radiant initiative crafted by the Sarvam Soulfulness International Foundation. Within this virtual sanctuary, like-minded souls converge to embark on a transformative journey, practicing yoga, meditation, mindfulness, and breathing exercises for the cultivation of a healthy and conscious way of living.

### PUBLICATIONS

- 🌀 **Yoga Alchemy** - Transmuting the self through ancient wisdom \*
- 🌀 **Yoga Practice Deck Cards** - Your portable guide to a transformative Yoga \*
- 🌀 **Ten Sacred Habits** - To Transform Your Life
- 🌀 **A Journey Through The Seven Chakras** - The Sacred Energy Within

*\*In the process*



*inspiration - movement - transformation*



Yoga is a way of life that integrates the body, mind, and soul for better health and spiritual development. It is the purest sense that is beyond an exercise for the body and is creating space free from obstacles in our own body to live. Yoga also offers practical tools to help keep the mind in balance and deal with underlying challenges while regaining a positive perspective and sense of purpose.

In my classes, I love to blend the harmony of creative sequencing with a spirit of playfulness and inspiration, helping to deepen a systematic practice through total relaxation, mindful guided meditation, and sound healing sessions. My aim is to guide others on their journey of transformation and self-realization, enabling them to thrive by nurturing the body, mind, and soul through the goodness of yoga. My wish is that as you step off the mat, you carry with you a sense of renewal feeling deeply refreshed, tenderly nourished, harmoniously balanced, and beautifully rejuvenated in body, mind, and soul.





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