



JAMES JOSEPH ERUPPAKKATTU

YOGA TEACHER AND YOGA MENTOR

PERSONAL PROFILE

Born in Kerala, India, I moved to Italy in 1980. Since then I have been teaching Yoga in Italy, where I founded two Yoga schools. My everyday dream is to make people improve their lives through Yoga.

CONTACT DETAILS

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SKILLS AND ABILITIES

- Strong communication and interpersonal skills
- Motivated and dedicated
- Soft skills

OTHER SKILLS

I am multilingual and can speak natively Malayalam, Tamil, Italian and English.

AWARDS

Uttam Jeevan Raksha Padak and Jeevan Raksha Padaks for meritorious acts of humane nature from the Government of India (Ministry of Home) in 1981.

The award has been acknowledged for saving a life from drowning in a river.

James Joseph Erupakkattu

EXPERIENCE

Yoga Teacher

Scuola Yoga Shanti | 1988 - Present

I personally founded "Scuola Yoga Shanti", a Yoga school where tradition meets contemporary people's needs. From 1988 my motto is that Yoga is really for everyone. The school is located in Turin and San Remo.

Yoga teacher

Scuola Yoga Savitri | 1980 - 1988

I had the pleasure to teach along with the renown Yoga teacher Dharmarama in Turin.

EDUCATION

Spiritual Spine Healing Heilerschule

Certified healer-aligner - Level VI | 2017

Kaivalyadhama Shreeman Madhava Yoga Mandira Samiti (Lonavla, India)

Teachers' Training Certificate Course in Yoga | 1979

Indian Institute of Drugless Therapy (Bombay, India)

Diploma in Naturopathy | 1979

Alagappa University College of Physical Education, Karaikudi, Tamil Nadu (India)

Master of Physical Education | 1978

Kuriakose Elias College, Kottayam, Kerala (India)

B.A. in Economics | 1976

Pondicherry Ashram

Yoga Jivana Satsangha studies | 1970 - 1976