

SUDHA SUTHANTHIRAM

next to Madhuca, Auroville, Tamilnadu India 605101 Ph: 9916182843

EXPERIENCE

COACHING / THERAPY

2020-Present	Online Life Coaching	Private clients	Anywhere
2018-Present	“Breathe with Sudha” Videos	www.breathewithsudha.com	Anywhere

CORPORATE TRAINING

2016-2017	Drama-Based Corporate Training	Maynard Leigh Associates	Bangalore, India
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DRAMA & MOVEMENT TEACHER / THERAPIST

2014-2017	Drama/Movement Therapist	Individual Clients	Bangalore, India
2015-2017	Children’s Drama Teacher	Golden Bead Montessori School	Bangalore, India
2014-2016	Children’s Movement Teacher	SMArT Studio	Bangalore, India
2015-2016	Children’s Movement Teacher	Prakriti Waldorf School	Bangalore, India
2013-2014	Drama Therapy for Students	National Institute of Fashion Technology	Bangalore, India
2013-2014	Movement Therapy for Autistic Children	Astitva for Special Needs	Bangalore, India

YOGA INSTRUCTOR

2013-2017	Private Yoga Instructor	Private clients	Bangalore, India
2014	Yoga Instructor	Yoga House	Bangalore, India
2012	Yoga & Meditation Instructor	Reebok Sports Club & Asali Yoga	New York, NY
2008-2009	Yoga Instructor	Various places	Virginia, USA
	PurePrana, Fairfax County Parks & Recreation, Veria, XSport Fitness, Millennium Towers, Safe Places (victims of domestic violence), Advanced Simulation Technology, Inc.		
2008	Published “Yoga for the Project Manager of the Troubled Project” for allpm.com, September 2008, Issue 102		
2008	Registered Yoga Instructor through Yoga Alliance as E-RYT500 (Experienced at the 500-hr level)		
2006-2007	Yoga Instructor	Sivananda Center	Chennai, India
2006	Volunteer for a Kids Yoga Camp	Sivananda Yoga Vedanta Ashram	Kerala, India

PERFORMER

2016	Actor	Experimental Prod by Felix Ott	Bangalore, India
2015	Actor	Perch Theatre Production - “Monkey & the Mobile”	Chennai, India
2015	Actor	Shutter Blinks Production – Comedy web series “Foursome”	Conoor, India
2014	Actor	RATS Theatre Production – Catherine in “Proof”	Bangalore, India
2014	Actor	Tanishq Advertisement	Bangalore, India
2013	Dancer	A SMArT Production	Bangalore, India
2012	Actor	Short film - Chocolate, Coffee, Wine	New York, NY
2005	Actor	Tamil movie - Vettaiyadu Vilayadu	New York, NY
2005	RJ	AsianFM & Dhoom FM	New York, NY
2005	Model	NYC Fashion Week - StarWars	New York, NY

ENTREPRENEUR

2008-2011	Founder/Director	DiscoverSwasth, Inc. 501(c)(3) organization Taught Yoga and organised workshops in Yoga, Art, Healing, Nature & Community www.discoverswasth.org	Virginia, USA
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SALES/MARKETING

2012	Sales & Marketing Manager	NuWare Technologies	Iselin, NJ
2007-2008	Program Manager	Kalakshetra Foundation	Chennai, India
2005	Real Estate Agent	Bellmarc Realty	New York, NY

ENGINEER

2000 to 2005	Network Security Research Engineer	Lucent Technologies Bell Laboratories	Whippany, NJ
1999 – 2000	Software Applications Engineer	Lockheed Martin	Reston, VA

EDUCATION

LONG-TERM COURSES

2018-2020	Dhrupad Sansthan Gurukul	Bhopal, India	Nada Yoga / Dhrupad music training
2013-2014	SMArT	Bangalore, India	1 year Foundational Course in Creative Art Therapies
2006-2008	Kalakshetra Foundation	Chennai, India	2 year intensive in Indian dance, music and culture - BharataNatyam with Hari Padman - Abhinaya with Bragha Bessell - Carnatic Music with Jyotishmati Sheejith
2000-2003	Columbia University	New York, NY	Masters in Electrical Engineering with a Specialization in Wireless & Mobile Communications
1996-1999	Univ. of Texas Pan American	Edinburg, TX	Bachelors in Electrical Engineering

SHORT-TERM COURSES

ACTING

2005	Stella Adler Studio	New York, NY	3 month Acting Intensive Shakespeare Intensive with Andrew Wade Technique with Patrick Quagliano Scene Study with Samuel Williams Voice and Speech with Robert Francis Perillo Movement with Jena Necrason Acting for Film&TV w/ Bill Hopkins
2005	Actors Connection	New York, NY	Acting Training - Cold Reading with Brette Goldstein, Teleprompter Intensive with Pat Murphy-Stark
2012	Charles GoForth	New York, NY	Acting-Sides and Monologues with Charles GoForth
2012	Magnet Theatre	New York, NY	Improv Comedy - Level 1 with Rick Andrews
2012	Magnet Theatre	New York, NY	Improv Comedy - Level 2 with Russ Armstrong
2013	Natya Institute of Kathak	Bangalore, India	Mime with Niranjana Goswami
2013	Toto Funds the Arts	Bangalore, India	Voice Training with Veenapani Chawla
2015	Toto Funds the Arts	Bangalore, India	Voice Training with Anmol Vellani

YOGA/MEDITATION

2018	Vipassana Meditation Centre	Bangalore, India	Meditation
2016	Vipassana Meditation Centre	Thiruvanamalai	Meditation - Volunteer
2013	Vipassana Meditation Centre	Bangalore, India	Meditation
2009	Ashtanga Yoga	Mysore, India	Ashtanga Yoga with Sharath Jois
2009	Vipassana Meditation Centre	Virginia	Meditation - Kitchen Manager
2009	Vipassana Meditation Centre	Massachusetts	Meditation
2008	Sivananda Yoga Vedanta Centre	Kerala, India	Advanced Teacher Training (ATTC)
2006	Vipassana Meditation Centre	Chennai, India	Meditation
2006	Vethathiri Maharishi Ashram	Aliyar, India	Simplified Kundalini Yoga
2006	Sivananda Yoga Vedanta Centre	Kerala, India	Yoga Teacher Training (TTC)

DANCE

2010	Broadway Dance Center	New York, NY	Classes in Ballet, Hip-Hop, Modern
2006-07	The School of Kalaripayattu	Chennai, India	Kalaripayattu & Kalari Massage w/ Shaji K. John

OTHER

2015-2016	Hema Shah	Bangalore, India	Hindustani Vocal Training with Mrs. Hema Shah
2011	Gemological Institute of India	Bombay, India	1-month course in Gemmology