

Sudha Suthanthiram



Profile: www.BreathewithSudha.com

sudha.suthanthiram@gmail.org | +91-99161-82843 | @breathewithsudha

A creative light seeker on a mission to dive deep and share the gifts of breath, movement, sound and healing, create curated community spaces and experiences for individuals seeking transformation and be a part of the movement towards expanding human consciousness.

Work Experience



CREATOR & ENTREPRENEUR

- 2022 - Present **Founder/Director** | **A Sunlit Path** | **Auroville, India**
Center for Art & Healing
www.asunlitpath.org
- 2018 - Present **Founder/Director** | **Breathe with Sudha** | **Online**
Online creator for breath & mindfulness @breathewithsudha
- 2008 - 2010 **Founder/Director** | **DiscoverSwasth, Inc.** | **Virginia, USA**
501(c)(3) organization
Non-profit organisation for yoga, art, healing, nature and community



COACH & TRAINER

Holding space for others to hear the sound of their own truth emanating from within through life coaching sessions and leading self development training with the use of drama in corporate settings.

- 2019 - Present **Life Coach** | **Private clients** | **Online**
Testimonials: <https://www.breathewithsudha.com/life-coaching.html>
- 2023 - Present **Drama-based Corporate Trainer** | **Pause Play** | **India - various**
CEO, Vivek Arora: vivek@thepauseplay.com
- 2016 - 2017 **Drama-based Corporate Trainer** | **Maynard Leigh Assoc.** | **India - various**
CEO, Vivek Arora: vivek@thepauseplay.com



DRAMA / MOVEMENT FACILITATOR FOR ADULTS

Holding space for others using talk therapy as well as drama and movement techniques.

- 2014 - 2017 **Drama / Movement Facilitator** | **Individual Clients** | **Bangalore, India**
- 2013 - 2014 **Drama Facilitation for Students** | **NIFTechnology** | **Bangalore, India**

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Work Experience (contd.)



YOGA TEACHER / THERAPIST

Guiding others to connect to their bodies, breaths and minds through yoga asana and meditation.

- 2013 - 2017 **Private Yoga Therapist** | **Private clients** | **Bangalore, India**
- 2006 - 2014 **Yoga & Meditation Instructor** | **offered though DiscoverSwasth Inc.** | **US & India**
- 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)



YOGA & DRAMA / MOVEMENT EDUCATOR FOR CHILDREN

- 2022 **Children's Mindfulness Teacher** | **Deepanam** | **Auroville, India**
- 2014 - 2016 **Children's Movement Teacher** | **SMArT Studio & Prakriti Waldorf School** | **Bangalore, India**
- 2013 - 2014 **Movement Therapist for Autistic Children** | **Astitva School. for Special Needs** | **Bangalore, India**

ENGINEER

Worked as a professional engineer between 1999 and 2005.

Education



- 2019 - 2020 **Dhrupad Sansthan** 2-year residential training in Dhrupad Music - Vocal | **Bhopal, India**
- 2013 - 2014 **SMArT** 1-year Foundational Course in Creative Art Therapies | **Bangalore, India**
- 2006 - 2008 **Kalakshetra Foundation** 2-year residential training in Indian dance and culture | **Chennai, India**



- 2000 - 2003 **Columbia University** Masters in Engineering | **New York, USA**
- 1996 - 1999 **Univ. of Texas Pan Am** Bachelors in Engineering | **Edinburg, USA**