

“Mental Health is simple But living simple is hard”

MANISH POLE

Yogi, Teacher & Founder
Awaken -&- 21st Century Yoga



MY STORY

2003-
2010

Lived with my Guru for 7 years learning and teaching Yoga & Meditation, after graduating in Psychology.

2010-
2020

Co-founded & led Total Yoga {2010-20} with centres in India, USA, UK, UAE, Singapore & NZ.

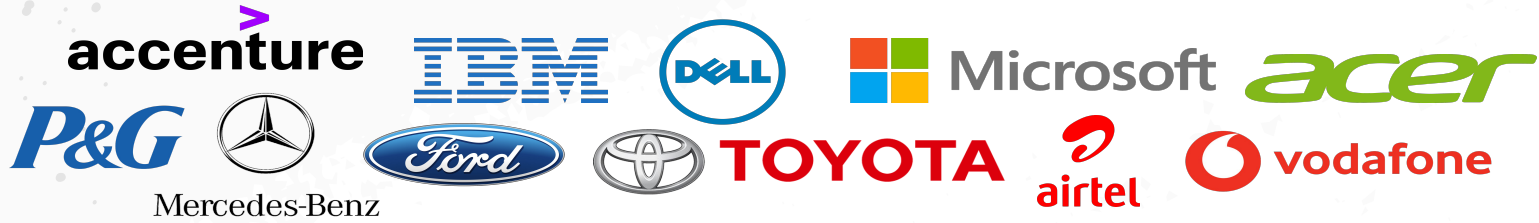
2020

Founded 21st Century Yoga teaching virtual Yoga & Meditation courses

2023

Co-founded the Awaken movement globally





CORPORATE WELLNESS & LEADERSHIP TRAININGS



Keynote presentations at at YPO {Young Presidents' Organisation}, Expo2020, HR Leadership India, Let's Ignite and many more.

DOMAIN EXPERTISE COLLABS WITH INDUSTRY-LEADING HEALTH TECH APPS

Dozee
Wellness

Echo
Wellness



Smart
Dhyana

Imstrong

SPORTS TEAM TRAININGS

UAE National Golf
team

Bijapur Bulls Cricket
Franchise

WELLNESS FESTIVAL CURATIONS

01

Saudi Arabia

AIUla Wellness Festival

04

Bali

Incredible India Festival

02

UAE

CoreUnity Festival



03

India

Sun Festival and World Yoga Day Festival

05

Amsterdam

International Yoga Day Festival

HIMALAYAN WELLNESS RETREATS

Bhutan
Nepal
India

{Ladakh, Kashmir,
Dharamshala, Darjeeling,
Sikkim & Rishikesh}



YOGA TEACHER TRAININGS

Trained nearly 500
teachers worldwide

Virtual
Dubai
Singapore
Bali

SOCIAL IMPACT PROJECTS

Teaching at

Poona Blind School, Pune

Home for the Aged,
Singapore & Bangalore

Vidya Foundation, India

Labour accommodations in
UAE



Fundraising events

For causes in

India
Bali
Ukraine
UAE
Lebanon



**We're nurturing...
a Movement bringing
People together to
AWAKEN**

Reach out and collaborate!



@manishpole

www.21stcentury.yoga