



Name: Harshitha G

Address: 23/7 1st A Main Hrishikesh Nagar Hoskerahalli Bsk 3rd stage Bangalore – 560085

Phone No: 6361162961

Objective:

To secure a job as yoga instructor and help students, men and women and help them to cultivate greater sense of peacefulness, mindfulness and self-awareness.

Experience [Mysuru, May 2022 – November 2022]:

- Personal Trainer at Stay fit,
- Assisted in Mysuru style teaching
- Assisted in Lead class teaching

Education:

<u>Name of the institute</u>	<u>Course</u>	<u>Duration</u>	<u>Percentage</u>
Hrishikesh Vidhyapeeta	SSLC	2015-2016	54%
PES Polytechnic	Diploma in CS	2016 - 2021	First Class

Certification:

- Successfully completed Yoga Teachers Training Course – Ashtanga, hatha YD TTC 200+ hrs at Yogadarshanam, Mysuru, India on 1st April 2021.
- Successfully completed Yoga Teachers Training Course – Ashtanga, hatha YD TTC 300+ hrs at Yogadarshanam, Mysuru, India on 30th Jan 2022.

Skills:

- Strong communication skills to be able to communicate with the students and guide them through out the sessions
- Very Good understanding in various yoga practices like Ashtanga Vinyasa and Hatha.
- Comfortable with teaching both Mysore style teaching and lead class teaching.
- Comfortable with Japa meditation, Singing Bowl Meditation, Yoga Nidhra
- Comfortable with Naadi Shudhi pranayama, Brahmari pranayama and bastrika pranayama
- Skilled in yoga therapy which is helpful for old age people and also helpful in dealing with all sorts of health issues like (PCOS, PCOD, weight loss.etc)
- Comfortable in teaching prenatal and postnatal yoga sessions.