



BHARTI MEHTA

YOGA THERAPIST

PROFILE

HIGHLY MOTIVATED AND HARDWORKING YOGA PROFESSIONAL, WITH KNOWLEDGE OF YOGA THERAPY FOR VARIOUS DISEASES. HAVE GOOD COMMUNICATION AND CLASSROOM MANAGEMENT SKILL.

CONTACT

bhartimehta842@gmail.com

+91 8700079085

DELHI, INDIA.

ACTIVITIES AND INTERESTS

TRAVELING, COOKING, MUSIC, EXPLORING NEW THINGS.

EXPERIENCE

JUNIOR YOGA THERAPIST

AROGYADHAMA FIELD TRAINING (AUGUST – DECEMBER, 2021)

EDUCATION

M.SC IN YOGA THERAPY

S-VYASA YOGA UNIVERSITY, BANGALORE, INDIA (2020-2022)

B.COM HONORS

SUSHANT UNIVERSITY, GURGAON, NCR, INDIA (2016-2019)

OTHER CERTIFICATES AND CURRICULUM

PARTICIPATED AS A DELEGATE

24TH INTERNATIONAL CONFERENCE ON FRONTIERS IN YOGA RESEARCH AND ITS APPLICATIONS (INTEGRATIVE MEDICINE AND OPTIMAL IMMUNITY), (2022)

YOGA INSTRUCTOR COURSE

S-VYASA YOGA UNIVERSITY, BANGALORE, INDIA (2020)

CERTIFICATE COURSE IN YOGA FOR PROTOCOL INSTRUCTOR

MDNIY, NEW DELHI, INDIA (2020)

TEACHERS TRAINING COURSE

YOGA SATTWA, MYSORE, KARNATAKA, INDIA (2019)

FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS

MDNIY, NEW DELHI, INDIA (2019)

KEY SKILLS AND CHARACTERISTICS

COMFORTABLE IN WORKING WITH MS WORD AND EXCEL, GOOD IN MS POWERPOINT MAKING AND PRESENTATION, YOGA THERAPY, MEDITATION, PRANAYAMA, YOGA FOR POSITIVE HEALTH AND REHABILITATION.