



CONTACTS



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POONAM YADAV

YOGA TEACHER

EDUCATION

MASTER OF COMMERCE MUMBAI UNIVERSITY -2017
BACHELOR OF ACCOUNTING & FINANCE
MUMBAI UNIVERSITY 2015
HSC MAHARASHTRA BOARD JUNE 2012
SSC MAHARASHTRA BOARD JUNE 2010

EXPERTISE

STRONG INTERPERSONAL COMMUNICATION SKILLS
EFFECTIVE LESSON PLANNING
EXCELLENT TEACHING SKILLS
TIME MANAGEMENT SKILLS.
MEDITATION TECHNIQUES
PRANAYAMA EXCISES
YOGA FORMS

ABOUT ME

SPEAK ENGLISH, HINDI, AND MARATHI

CERTIFICATES

- 200 HOUR ASHTANGA YOGA TEACHER TRAINING PROGRAM.(ASHTANGA YOGA STUDIO)
- DIPLOMA IN YOGA ASANA, MEDITATION, ETHICS ,PHILOSOPHY.

WORK EXPERIENCE

PERSONAL YOGA TRAINER & GROUP YOGA INSTRUCTOR.
(1 YEARS)