

# NIKITA KOTHARI

## YOGA TEACHER

Dedicated and Compassionate Yoga Teacher with over 8+ years of professional experience designing and leading flow and vinyasa, hatha, yoga classes. Completed 200hours of Yoga Teacher Training in Mysore from (Ramesh Shetty Yoga Shala) and gained in-depth technical knowledge about breathing techniques, postures, and spiritual elements of Yoga. I am excited to share my expertise and passion with clients

### CONTACT



9664033313



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### EDUCATIONS

**Yoga Alliance -Registered  
(Ramesh shetty yoga shala)**

Yoga teacher training  
200 hours

### SKILLS

- Knowledge in Hatha yoga, Ashtanga Vinyasa flow, Power yoga, pre/post-natal yoga.
- Strong interpersonal and communication skills
- Advance yoga techniques and postures
- Safety awareness.
- Knowledge of yoga anatomy.
- Pranayama and meditations.



### EXPERIENCE

#### PRIVATE YOGA INSTRUCTOR

Freelance

- Offer personalized one-on-one yoga sessions tailored to clients' specific needs and goals.
- Provide hands-on adjustments and modifications to accommodate individual abilities and limitations.
- Create customized sequences and practices to address clients unique concerns, such as stress reduction, flexibility, or injury recovery.
- Trained famous blogger and celebrity makeup artist and many others

#### LEAD YOGA CLASS

Group class

- Conducting beginner and intermediate yoga level class for group
- Structuring and sequencing yoga flow for group class

### LANGUAGES

- English
- Hindi