

RASHMI SIKRI

Yoga and Dance Trainer



About Me

I am a Skilled and Certified Anatomy and Flexibility Yoga Instructor with a deep enthusiasm to offer Hatha and Yin Yoga teaching to the students of all ages and levels. Hardworking, Dedicated and Supportive with the main focus on Breathing and Meditation.



Work Experience

**2022 -
Till date**

YOGA AND DANCE INSTRUCTOR

Freelancing

Taking Exclusive Group/Personal Yoga batches (ONLINE/OFFLINE) for Children, Adults and Senior Citizens (Chair Yoga). Offering Punjabi Dance classes in near Apartments. Conducted various Public events like Kids Yoga Summer Camp, International Yoga Day event and Women health special Yoga on Mother's Day.

SKILLS

- Posture Correction
- Asana Anatomy
- Safety Techniques
- Detailed and Clear Ques
- Demonstration
- Breathing & Meditation
- Usage of Props
- Meditation
- Punjabi Dance
- Dance for Fitness
- Form Expertise
- Communication Skills

2014 - 2017

HOME TUTIONS

Freelancing

Offered Home Tutions for 3rd - 7th Grade for Hindi and Mathematics.

2007 - 2012

SOFTWARE ENGINEER

IT companies (IGT Gurgaon, Mastek Mumbai and Hexaware Mumbai)

Worked as a Software Programmer in IT companies for 5 years. Specialised in C, C#.net, ASP.Net, SQL Database, HTML, JavaScript, MS Office.



Contact



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rashmi.yogini22@gmail.com



Jagriti Renaissance,
Ramagondanhalli, Whitefield



Education

200 Hrs Hatha Yoga Teacher Training

SAMYAK YOGA, MYSORE

(Yoga Alliance, USA certified)

Kids Yoga Teacher Training Course

Peaceful babes kids Yoga

(Yoga Alliance, USA certified)

Anatomy and Flexibility Teacher Training

Mind Flow Harmony Academy

(Yoga alliance, USA certified)

B.Ed. (Mathematics and Physics)

MD University, Rohtak (Haryana)

MCA (Masters in Computer Application)

UP Technical University, Lucknow



Languages

- English ★★★★★
- Hindi ★★★★★



Interest



Photo



Travel



Dance



Reading

CERTIFIED

PEACEFUL BABES KIDS YOGA TEACHER

This is to certify that:

Rashmi Sikri

Completed the Peaceful Babes Kids Yoga Teacher Training Course for ages 2-17. This course covered development for kids ages 2-17, kids yoga poses and sequencing, breathing and meditation practices for kids, kids yoga stories, yoga activities, yoga games, kids yoga class planning, teaching techniques, yoga for kids with anxiety and the business of kids yoga.

Principal Teacher Trainer

Jessica Fleming

Jessica Fleming

Date

6th May 2022



MIND
FLOW
HARMONY

SN.8Aug008

*This
Certificate
certifies that*

Rashmi Sikri

Has Successfully Completed

40 hours "Yoga Anatomy & Flexibility Course" as per the guidelines
and standards set by yoga alliance, USA
From 8 August to 24 August 2022



Zainab Khan

ZAINAB KHAN
MEDITATION YOGA TEACHER
FOUNDER OF MIND FLOW HARMONY
REGISTRY ID: 339579

Yogesh Jakhmola

YOGESH JAKHMOLA
YOGA & ANATOMY TEACHER
REGISTRY ID: 265476



