




PROFILE

A longstanding practitioner of Yoga aiming to develop and change lives of the future generation through the practice of yoga. I want to instil the values of Yamas and Niyamas in the every day lives of the people I teach.

CONTACT ME

 7057076228

 kartikgalande1818@gmail.com

 Lonavala/Pune

 kartik_galande_patil

ADDITIONAL EXPERIENCE

- National Conference on Integration of Yoga in School Education
- Teacher's Training Programme (TTP) - Yoga for Children with Special Needs
- Yoga Camp for Police Department, Shrirampur
- Yoga Session for District Court officers

KARTIK GALANDE

YOGA TEACHER

➤ EDUCATION

MA YOGASHASTRA

Kaivalyadham, Lonavala

2022-24

Certificate Course (6 Months)

Uttarakhand Sanskrit University, Haridwar

2017-18

BACHELOR OF COMMERCE

Chandraroop Dakle Jain College of Commerce

Shrirampur

2018-20

➤ LANGUAGE

- Marathi
- Hindi
- English

➤ SKILLS

- Advance Yogasana
- Meditation Techniques
- Pranayam Techniques
- Yoga Therapy
- Fitness/Sports

➤ WORK EXPERIENCE

YOGA INSTRUCTOR FOR CHILDRENS CAMP

Siddha Samadhi Yoga, Shrirampur

2016-Current (Part-time)

YOGA INSTRUCTOR

Self-employed

2021-Current