

Tejaswini Jai Chandra

#289/A HMT quaters, Jalahalli village,
Bangalore Karnataka 560013

tjaichandra335@gmail.com
+91 9739963422

PROFESSIONAL SUMMARY

I am deeply passionate about overall well-being, with a strong focus on mental, physical, emotional, and social health. I particularly am interested in the connection between body and mind, believing in the power of alignment to achieve balance in both areas. With a background in yoga, I have completed my 200-hour Yoga Teacher Training (YTT), specializing in Ashtanga Vinyasa and Hatha Yoga. Through dedication, I work consistently on posture and body alignment, aiming to enhance physical fitness and use this foundation to elevate mental wellness. My commitment to the mind-body connection drives my journey toward holistic health.

CERTIFICATION

YTT 200 HOURS, ASHTANGA
VINYASA AND HATA YOGA
FROM YOGA WITH SRINATHA-
Mysore

WORK EXPERIENCE

*training people from about 5
years*

*working as a Sr. wellness
consultant in one of the global
platforms which provides yoga
classes to 6+ countries.*

Yoga Skills

- Ashtanga vinyasa
- hata yoga
- Meditation and pranayama
- prenatal and postnatal
- kids yoga
- Counselling
- yin yoga
- work according to the goals

Communication skills

- can fluently speak in Kannada, English, Hindi and Telugu
- empathy and motivation
- planning a sequence
- relationship buildin