

SUVARNA CHETAN PALKAR



SUMMARY

Creative Yoga Teacher with 10 years of experience in power and restorative yoga practices. Possess in-depth knowledge about breathing techniques and postures, and a passion for the spiritual elements of yoga teaching. Committed to helping students of all ages and backgrounds unearth their healthiest selves and discover inner peace.



PROFESSIONAL EXPERIENCE

Yoga Teacher

Corporate Yoga PNB PARIBAS NNP Goregaon | 2018

Corporate Yoga Malad Evershine Nagar | 2017

Health Wellness Xpo 2017 work shop April 22 & 24

Personal Yoga At Home Services

- Personalize yoga class sequences and lesson plans for beginner- to advanced-level students
- Help 125+students develop their physical and mental awareness through meditation sessions, flow yoga projects, and yoga handstands
- Increased attendance by 21% in the first five months of my job placement through teaching interactive exercises, encouraging active participation during sessions, and maintaining a clean studio environment
- Instruct a group of 50 students on how to improve flexibility and step into the right poses by controlling their breathing and range of motion

Fitness Instructor

- Trained 25–45 participants per week by demonstrating proper use of equipment, monitoring group fitness programs, and teaching correct exercise techniques to prevent injuries.
- Created an effective exercise plan based on each student's fitness status and needs.
- Managed 5–10 daily classes while performing various administrative duties that included updating, modifying, or canceling membership accounts and processing payments.
- Recorded participants' progress over time and adapted each program based on their fitness level by substituting exercises or suggesting more advanced training options.



CONTACT

Phone

+91 70211 64238 /

+91 81087 56055

Email

satvikent2019@gmail.com



EDUCATION

- Yog Mantra from 2013 To 2015
- Yog Power Studios 2015 To 2016
- The Yoga Institute From 2016 To 2017
- Ambika Yog Kutir
Diploma in Yoga From Mumbai University | 2019

Health Fitness Specialist



RELEVANT SKILLS

Concept of Pranav & Hymns
Vinyasa, Hatha
Time Management
Power Yoga
Weight Loss
Meditation, Power Yoga
21 Day Challenge
Meditation
Group Classes
Yogasana & Yogic Postures
Pranayam Knowledge
Teaching Skills
Methods of Teaching Yoga

