



PALLAVI DESHMUKH

**YOGA INSTRUCTOR /
CIVIL ENGINEER**

CONTACT

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INSTAGRAM ID: FITWINYOGA

PROFESSIONAL SKILLS

SPEAKING SKILLS

FLEXIBILITY

PATIENCE

LANGUAGES:

ENGLISH, HINDI,

MARATHI

PROFILE

I teach yoga and meditation ranging from beginner and gentle to more active classes. My teaching draws on several types of yoga , including a dynamic style that uses movement and breath to help students find stillness and focus

QUALIFICATION

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|----------------|------------------------------|
| 2021-24 | BA in Yoga Shastra |
| 2020-21 | Diploma in Naturopathy |
| 2019-20 | Diploma in Yogic Education |
| 2012-14 | Diploma in Civil Engineering |

EXPERIENCE

- Online Yoga classes since september 2020
- Offline Yoga classes for police staff families since December 2020-21
- Worked as therapist at Swaminarayan Gurukul Yoga University