



# S.K.Yadav

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## PROFESSIONAL PROFILE

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- ❖ A seasoned professional with **over 15 years** of rich & qualitative experience in **YOGA Teaching, Business Development, Operations, Team management, Customer Acquisition/Retention, Coordination and Liaison, Marketing, Events & Promotions.**
- ❖ Worked at **Realty Xpert Designated as GM- Sales and Marketing.**
- ❖ Worked at India's Largest Real Estate Company **INVESTORS CLINIC** designated as Sr. Manager.
- ❖ 5 years Experience as Department Manager or Senior Executive-Operations (Big Bazaar ) with Future Group.

## Key Skills

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### • *Teach Yoga Classes:*

- Plan and lead yoga classes for individuals or groups of varying sizes and levels of experience.
- Develop class sequences and choose appropriate poses, breathing exercises, and relaxation techniques based on the participants' needs and abilities.
- Instruct students in proper alignment, modifications, and adjustments to ensure their safety and maximize the benefits of each pose.
- Provide clear and concise instructions, demonstrating poses and transitions as needed.
- Offer variations and modifications to accommodate different levels of fitness and flexibility.
- Create a supportive and inclusive atmosphere that encourages mindfulness, self-awareness, and personal growth.

### *Assess Participants' Needs:*

- Conduct assessments or consultations with participants to understand their goals, physical condition, and any limitations or injuries.
- Modify and adapt yoga practices to meet individual needs and ensure a safe and effective practice.
- Provide guidance and recommendations for home practice or additional exercises to support participants' progress.

### *Demonstrate Proper Techniques:* Demonstrate and explain yoga poses, breathing techniques, and meditation practices, emphasizing proper alignment, breathing, and mindfulness.

- Assist participants in achieving correct alignment and adjustments to deepen their practice.
- Foster an understanding of the principles and philosophy of yoga, including the mind-body connection and holistic well-being.

***Provide Motivation and Support:***

- Inspire and motivate participants to reach their potential, fostering a positive and encouraging environment.
- Offer verbal cues, feedback, and corrections to help participants improve their technique and posture.
- Encourage self-acceptance and self-care, promoting a balanced and healthy lifestyle.

***Ensure Safety and Well-being:***

- Observe and monitor participants during classes, ensuring they are practicing safely and within their limits.
- Maintain knowledge of contraindications and precautions for certain poses or conditions, and guide participants accordingly.
- Create a clean and well-maintained studio space, free from hazards, and ensure the proper use of yoga props and equipment.

***Stay Updated and Continuously Improve:***

- Stay current with industry trends, new techniques, and developments in yoga practice and teaching methodologies.
- Attend workshops, trainings, and conferences to enhance our knowledge and skills as a yoga instructor.
- Continuously seek self-improvement and growth as a teacher, integrating feedback and self-reflection into my teaching practice.
- **Administrative Tasks:** Manage class schedules, registrations, and payments, either independently or in coordination with the studio or facility.
- Communicate with participants, answering inquiries, providing information, and maintaining a professional and friendly rapport.

**PROFESSIONAL QUALIFICATIONS**

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**Yoga Teacher Training Course 300 Hrs**

Aum Yogshala DLF Phase 5  
Golf Course Road, Gurgaon.

June -2023

**Yoga Teacher Training Course 200 Hrs**

Arogya Yogshala, New Delhi

July -2022

**MBA** from IILM, Gurgaon, Haryana,  
**Specialisation: Retail Management**

2006-2008

Bachelor of Commerce from MD University Rohtak

2001-2004

Intermediate in Commerce Stream from Bhiwani Board Haryana

2000-2001

Metric from Bhiwani Board Haryana

1999-2000

**Computer Skills**

☐ Proficient in working under computerised environment with skills in **MS Office & Internet Applications.**

**PERSONAL DETAILS**

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Date of Birth : 8<sup>TH</sup> Aug 1983

Present Address : Tikli Road, near Celebration Garden, V.P.O. Badshahpur Gurgaon – 122102