

PURVA TODKARI

Y O G A T E A C H E R



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104 Anant chaitanya, thakur wadi,
dombivli (west) 421202

PROFILE

Passionate yoga teacher with over 2+ years of professional experience in designing and leading flow of traditional and ashtang yoga. Completed 3 years studying yogashastra. acquired an in depth knowledge about postures, breathing techniques, and spiritual elements of yoga teaching.

SKILLS

- Physical skills
- Versatility
- Adaptability
- Stress-management
- Breathing techniques
- Creativity
- Self-motivation
- Mentoring
- Communication

EXPERIENCE

FREELANCING

2021- present

- Teaching in Private and Group yoga classes. Possess proven track record in helping clients achieve fitness goals through customized exercises programs.

EDUCATION

HIGHER SCHOOL

V.g vaje college of arts and sciences
2018-2020

B.A YOGASHASTRA

K.j somaiya University
2020-2023