



Pooja Ganivada

YOGA INSTRUCTOR

PERSONAL PROFILE:

Hello there! I am a certified yoga instructor knowledgeable in its mental, physical, and spiritual disciplines. I practice under the teachings of Hinduism.

SKILLS:

- Leadership
- Communication
- Group Instruction
- Program Development
- New Technique
- Yoga Sequences
- Demonstrating Exercises

SPECIALIZATION:

- Hatha Yoga
- Ashtanga Vinyasa Flow
- Yoga Breathing Exercises
- Meditation
- 1:1 Personal Training
- Stretching Technique
- Flexibility Improvement

CERTIFICATIONS:

- 200 hrs. international certified teacher (YTTC) Yoga Vidya mandir , 2020
- 300 hrs. (YTTC) - Aaradhana Yogshala, 2021
- 3 months Flexibility coach government certified - Aadarsh Bharath Yoga, 2022
- 2 months Hatha yoga -Aadarsh Bharath Yoga, 2022
- 3 months Backbending flexibility - Aadarsh Bharath Yoga, 2022

WORK EXPERIENCE:

PERSONAL YOGA INSTRUCTOR

1:1 session Classes | Delhi, India - (Present)

- Conducted multiple Prenatal and Postnatal Yoga Sessions

YOGA TEACHER

Offline Freelancing Classes | Vishakhapatnam, India (2020 - 2022)

- Personalized Yoga Class sequences and Lesson Plan for beginners.
- Instructed group of students on "How to Improve Flexibility and Stepping to the right poses by controlling their breathing and range of motion"
- Created effective warmup plan based on each student ability and needs.

GET IN TOUCH:

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ACADEMIC BACKGROUND:

RAGHU INSTITUTE OF TECHNOLOGY,
VISHAKHAPATNAM

Bachelors in Computer Science | 2013 - 2017