

# Anuradha Iyer

## Yoga Practitioner & Teacher

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My Objective is to propagate the Yoga lifestyle to as many people as possible, and celebrate life as it happens

### Executive Brief

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I am a Yoga Practitioner, Teacher and a Fitness Enthusiast. I have been practicing Yoga for the past 4 years now and my belief in this practice grows, with each passing day. Yoga for me is a way of life. Right from my morning routine to activities in my daily life where I think and interact, I try to apply Yoga everywhere.

### Experience

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Mar 2021- Apr 2022  
Free Lance- Online Yoga Classes

- Initiated beginner's yoga classes 3 days a week for adults.
- Conducted Online sessions focusing on Hatha Yoga practice and application.
- Instructed clients on different yoga postures beginner and intermediate level.
- Guided clients on different type of breathing exercises.

### Education

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- Bachelor of Engineering (2008-2012)
- Master's in management studies (2014- 2016)
- 200 TTC certified Yoga instructor (Jan 2021)

### Skills

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- Demonstrating Yoga forms and postures
- Form correction
- Breathing exercises (Pranayam sessions)
- Lesson Planning for classes
- Strong communication and interpersonal skills
- Guided meditation

### Contact

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Place- Thane, Maharashtra

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