

**Name :** Prashant Ashok Waghmare

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**Objective:**

Dynamic and dedicated yoga instructor with 10 years of experience guiding students through transformative yoga practices. Passionate about fostering holistic wellness and creating a supportive environment for students to thrive. Seeking to leverage expertise in yoga instruction.

**Education:**

- Degree : Ty BA, [Mumbai University]
- Yoga Teacher Training Certification,

**1. Premanand Yoga: certificate in yoga instructor**

**2. Ambika yog kutir : Certification in yoga**

**Skills:**

- Proficient in a variety of yoga styles including Hatha, Vinyasa, and Yin Yoga
- Experienced in providing modifications and adjustments to accommodate students of all levels and abilities
- Skilled in guiding meditation and pranayama techniques for stress relief and relaxation
- Strong interpersonal and communication skills for effectively leading group classes and private sessions
- Knowledgeable about anatomy and physiology, with the ability to explain the benefits of poses and sequences

- Dedicated to ongoing professional development through workshops, trainings, and self-study

**Experience:**

Yoga Instructor with 10 years of experience.

- Lead group classes in Hatha and Vinyasa yoga for students of varying levels
- Provide personalized adjustments and modifications to ensure safety and alignment
- Develop creative and engaging sequences to promote strength, flexibility, and mindfulness
- Cultivate a supportive and inclusive atmosphere for students to explore their practice
- Conduct private sessions for individuals seeking personalized instruction and guidance

**Certifications:**

**Art of living certificate**

**Kids yoga**

Prashant A.Waghmare

THANE