

YOGA INSTRUCTOR



SHRADDHA KOLI

I'm a fresher yoga trainer extremely good about advanced skills of yoga i am Seeking an opportunity to work as a yoga instructor to learn and polish my skills I am in this field form last 14 -15 years I do have a experience as a player as well as a instructor

Achievements

- NATIONAL MEDALIST-won a medal in 58th school game of India in 2012-13 at Delhi
- International medalist (Bangalore)
- and many more in district and state level

Work Experience

- I took children's yoga classes for a month in school(2019)
- I do have a experience as a yoga therapist student at a svyasa University (arogydhama Ayurveda & naturopathy hospital) 2021

Education

BA.in yogashatra 2016-19
KAIVLYDHAM YOGA INSTITUTE
LONAVLA ,PUNE

Msc in yoga (currently doing)
S-VYASA UNIVERSITY
BANGALORE

Special Skills

Impressive technique for advanced yog
Good at teaching as well as doing yog
Good at talking skills
I Can explain the detail information about every particular asana
Good at mediation techniques



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Shraddha.koli94@gmail.com

Name :- Shraddha sunil koli

Work experience:-

- have been working in school (New horizon public school airoli) as a yoga teacher from 1 year.
- took therapy classes for 1 month in Aarogydham hospital
- have taken personal sessions for 1 year

Achievement:-

- National medalist won a medal in 58th school game of india in 2012-13
- International medalist in Bangalore

Special skills

Impression teaching techniques for advanced yoga practice

Good at teaching advance asana and doing it

Good at meditation sessions

Have good communication skills

Education:-

B.A in yogashatra from kaivalydam yoga institute ,lonavla (2016-2019)

Msc. In yoga therapy from S-vyasa University Bangalore ,India (2020-2022)

About my self –

I am shraddha koli have been in yoga field from 15 years I am yoga advance player and now I am advance asana instructor I live in thane near by Mumbai session or classes I am looking for

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