

# Yagya Sharma

Email: [yagyasharmawork@gmail.com](mailto:yagyasharmawork@gmail.com)

LinkedIn: <https://www.linkedin.com/in/yagya-sharma-471a64186/>

Mobile: +91-9910901138

## Career Summary

---

Highly motivated and energetic Yoga Instructor who is comfortable working with people of all ages and has deep knowledge about asana, as well as relaxation and breathing techniques. Enjoy inspiring others to improve wellness and commit to long-term health and fitness goals. Committed to providing extensive instruction and counselling to clients, while motivating them to find true inner peace and their healthiest self. Possesses skills to modify the practice on-demand based on the abilities or injuries of class participants.

## Work Experience

---

- Working as a freelancer in Yoga Field for about 5+ Years
- Working as a freelancer for 6 years, treated a personal client, Pcod, Pcos, (menstrual disorder), obesity, arthritis, cervical, diabetics, all other lifestyle disorder, personal diet suggestion, helping in follow a good routine and counseling to maintain good health at the level of mind, body.
- 6 months experience of working as a therapy intern in Svyasa (Arogyadhama)

## Yoga Teaching Skills

---

- Hatha Yoga (All Levels)
- Ashtanga – Vinyasa Yoga
- Pranayama
- Meditation Technique
- Relaxation
- Yoga Therapy (to treat disorder)
- Gentle Yoga
- Yoga Flow
- Yogic Stretch
- Meditation Yoga
- Dynamic Yoga
- Vinyasa Yoga
- Fitness Yoga
- Full Moon Yoga (Every Month)

## Technical Skills

---

- Diploma in Computer Application (MS Office, Internet etc)

## Education

---

- Bachelor's in yoga philosophy and Science from **Kaivalyadham Yoga Institue - Lonavala**. (2019)
- Master's in Yoga Therapy from **Swami Vivekananda Yoga Research Foundation Banglore – S-VYASA**. (2022)
- Teacher Training US Affiliated from **Rishikesh Vinyasa Yogashala**. (2022)

## Other Activities

---

- Attend an intense 10 days Vipassana Meditation Camp Conducted by Vipassana Meditation Center, Bangalore.
- Conducted summer camp for children in Eurokids to enhance their creativity through innovative games as a part of Diploma in Early Childhood Care & Education.
- Member of college Athletics Team throughout graduation and post-graduation.
- Awarded 'Athlete of The Year' Award in College Sports Meet.
- Department Representative of Philosophy Department during post-graduation.
- Basic knowledge of Indian Folk Dances.

## Attributes

---

Confident, Strong Communication Skills, Precise Instructor, Demonstrator, Intuitive

## Personal Details

---

**Name:** Yagya Sharma

**Father's Name:** Mr. Sushil Sharma

**E-Mail ID:** [yagyasharmawork@gmail.com](mailto:yagyasharmawork@gmail.com)

**Date of Birth:** 25<sup>th</sup>. October 1998

**Nationality:** Indian

**Languages Known:** Hindi, English, Marathi

## Personal Particulars

---

I hereby declare that the information furnished about is true to the best of my knowledge.

**Date:**

**Place:**

(Yagya Sharma)