

Sanket Shivaji Chavan

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Mumbai-India



Overview:

Yoga Therapist with good experience of giving yogic treatments to people with various health ailments. I also have good exposure of numerous years towards conducting and attending various yoga sessions, competitions and workshops.

Career Profile:

WORK IN BEIJING

March 17- Jan 20

Since March 2017. I was working with Oxygen yoga school. Here I conduct different style Yoga Teacher Trainings as well as give personal yoga guidance. In personal training I use different props for yoga therapy treatment and yoga styles according to members need. Conduct Ayurveda, Weight loss and different therapy and advanced yoga workshops.

Jan 16 – Dec 16

Since January 2016. I was working with Cindy yoga club. Here I conduct groupmember class as well as give personal yoga guidance. In personal training I use different yoga therapy treatment according to members need and various styles of yoga sessions.

In past years I have conducted various training programs, workshops and participated in China international yoga conference to represent myself with topic yoga pranayama and stress management in Beijing.

PERSONAL SESSIONS

Jan 15 – Dec15

Since Jan 2015, I am working with the various clients in Mumbai conducting one-on-one sessions. Also, conducted group classes on demand.

In March and April 2015, I was invited to Beijing, China to conduct Yoga Teacher's Training Course (TTC), yoga workshops and group as well as private sessions.

ONLINE WORK

Jan 20 – Till now

Since Jan 2020, I am working with the various clients from all over the world by conducting one-on-one and group online yoga sessions. Also, teaching online RYT-200 Hrs Hatha teacher training (Yoga Alliance-USA)

ACHIVMENTS **(YOGA)**

- Won FIRST prize in INTERNATIONAL yoga competition in MAURITIOUS in 2010.
- Won FIRST prize in MAHARASHTRA STATE yoga CHAMPIONSHIP in 2010.
- Won SECOND prize in MAHARASHTRA STATE yoga competition in 2009.
- Won THIRD prize in MAHARASHTRA STATE yoga competition in 2013.
- Won TWO GOLD MEDAL's at MUMBAI UNIVERSITY yoga competition in 2010.
- Won ONE GOLD MEDAL at MUMBAI UNIVERSITY as Individual champion in 2011.
- Won TWO SILVER MEDAL's at MUMBAI UNIVERSITY yoga competition in 2008.
- Won ONE SILVER MEDAL as Individual YOGA champion in 2009.
- Won SIXTH prize in NATIONAL level yoga competition in 2010.
- Selected for INTERNATIONAL YOGA CHAMPIONSHIP for 2013.
- Attended INTERNATIONAL YOGA CONFERENCE at KAIVALYA DHAMA, LONAVALA in 2010.
- Selected for ALL INDIA INTER UNIVERSITY YOGA competition and represented to MUMBAI UNIVERSITY
- YOG MASTER AWARD from ISCY in 2013

(OTHER)

- Participated and qualified in Power Lifting competition at MUMBAI UNIVERSITY in 2009, 2010 & 2011.
- Outstanding student of the year award during Graduation in 2010.

CERTIFICATION OF RYT **YOGA ALLIANCE USA**

- RYT 200 Hrs. Hatha Yoga Teacher Training Course.

- RYT 200 Hrs. Ashtanga Yoga Teacher Training Course.

KAIVALYADHAMA

Aug 13 – Jan 15

I have completed Post-Graduate Diploma course in Yoga Therapy with First Grade from Kaivalyadhama YogaInstitute which is recognized internationally.

The said course also included 6 months internship at the said institute.

The details are as follows -

- Studies / Theory - 440 hours
- Practical's - 480 hours
- Yoga Therapy - 120 hours
- Teaching yoga - 150 hours

YOGA VIDYA GURUKUL- NASIK

June-11

I have completed Diploma in Yoga Education course with First Grade from YogaVidya Gurukul which is recognized internationally.

THANE DISTRICT YOGA ASSOCIATION

Sept 07 – July 13

I have worked with the said association as a yoga teacher.

Key responsibilities include: -

- Conducting yoga sessions for various age groups.
- Workshops / seminars related to yoga.
- Volunteering for yoga competitions.

Educational Qualification:

Post Graduate Diploma in Yoga Therapy (2013-2015) – Kaivalyadhama Yoga Institute, Lonavala, Pune.

Diploma In Yoga Education (June 11)- Yoga Vidya Gurukul, Nasik

Graduation (March 2010) – Bachelor of Commerce (first Class) - Mumbai University

H.S.C (March 2007) – Mumbai Board

S.S.C (March 2005) – Mumbai Board

Computer Knowledge:

Basic MS-Office (Word, Excel, Power Point), computer hardware, internet.

Volunteer Experience:

- Judge for Yoga competition conducted by Mumbai University.
- Conducting and active participant of numerous yoga workshops at international conferences.

Hobbies:

Chess, Swimming, Carom, Snow Board play and scuba diving.

Personal Profile:

Date of Birth: 1St January 1990

Height: 173 cm

Weight: 68 kg

Status: Single

Language: English, Hindi, Marathi, Chinese

(SANKET CHAVAN)