

Shambhavi Upadhyay
Yoga Instructor(Registered through USA Alliance)
(National Bronze Medalist and State Gold medalist)

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SUMMARY

- National Bronze medalist. Registered Yoga Teacher.
- Dedicated and certified Yoga Instructor with a passion for promoting holistic well-being through yoga practice. Committed to creating a positive and inclusive environment for students, fostering physical strength, mental clarity, and spiritual awareness.
- Led group classes in for practitioners of various levels.
- Contributed in improving lifestyle of clients and fighting with disease.
- Motivated clients to achieve their personal fitness goal through developing modifying routine.
- Provided individualized attention and modifications to meet the needs of diverse students.
- Conducted workshops on to deepen students' practice.
- Expertise Power Yoga and Hut Yog.
- Expertise in Meditation and Yoga Posture
- Expertise in Panchkarma.
- Strong communication
- Collaborated with fellow instructors to develop and implement new class offerings.

SKILLS:

- Expertise in guiding students through various yoga styles, including Hatha, Vinyasa, and Restorative.
- Proficient in providing clear and concise instructions for yoga poses, alignment, and breathing techniques.
- Ability to tailor classes to accommodate diverse skill levels and individual needs.
- Strong emphasis on promoting mindfulness, stress reduction, and overall mental health.
- Excellent interpersonal and communication skills to cultivate a positive and supportive class atmosphere.

QUALIFICATIONS

- Registered Yoga Teacher(Yoga Alliance USA Certificate).
- Master of Arts in Yoga from Rajarshi Tandon Open University in 2021.
- Post Graduate Diploma in Yoga from Rajarshi Tandon Open University in 2019.
- Master of Arts in Home Science from MJPRU in 2019.
- Bachelor of Arts from MJPRU in 2017

WORK EXPERIENCE

Kendriya Vidhyalaya (Central School of India)

CMM Jabalpur

Jan 2024 to Present

NER, Bareilly

Mar 2022 to Nov 2022

Yoga Instructor

- Plan and conduct regular yoga classes for students, promoting physical fitness, mental well-being, and concentration.
- Introduce various yoga postures, breathing exercises, and relaxation techniques suitable for different age groups.
- Emphasize the holistic benefits of yoga, including stress reduction, improved focus, and overall health.
- Encourage positive lifestyle habits and mindfulness among students.
- Work collaboratively with other teachers and staff members to integrate yoga into the school curriculum or wellness programs.
- Communicate with school administrators and parents about the benefits of yoga for students.
- Plan and organize yoga-related events, workshops, or celebrations within the school, involving students, teachers, and parents.
- Showcase the positive impact of yoga on students' physical and mental development.
- Keep track of students' progress in yoga classes, assessing improvements in flexibility, concentration, and overall well-being.
- Provide feedback to students and, when necessary, communicate progress to parents and school authorities.

Kayabandhu Multispecialty Ayurveda

Hospital

Dec 2019 to Mar 2021

Yoga Therapist

- Conduct thorough assessments of clients, considering their physical, mental, and emotional health.
- Gather information on medical history, current health conditions, and

any specific concerns or limitations.

- Develop personalized yoga therapy plans based on the assessment, considering the client's unique needs and goals.
- Tailor yoga practices, including asanas (postures), pranayama (breathing exercises), meditation, and relaxation techniques, to address specific health issues.
- Educate clients about the principles of yoga therapy and how specific practices can benefit their health condition.
- Empower clients to take an active role in their own well-being through self-care practices and lifestyle modifications.

Additional Experience:

- Worked at Multiple gyms across city and out of town which include Matrix, Body Powers and O2.
- Provided consultancy thorough online channels.