



# MUGDHA LELE

📍 Mumbai, Maharashtra 421301

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🔗 [Bold Profile](#)

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## SUMMARY

A Yoga Therapist from S-VYASA university with an innate ability to prescribe a well-structured yoga module tailored for individuals as per their health conditions. Also capable of leading group therapy sessions for people of all ages. Keen to help guide people towards physical, mental and emotional well being.

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## SKILLS

- Compassionate communication
- Anatomy and physiology
- Progress Monitoring
- Marketing abilities
- Weight management
- Teaching Forms and Techniques
- Pose Modifications
- Meditation Techniques
- Course Development
- Workshop Facilitation

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## EXPERIENCE

### YOGA THERAPIST, 09/2021 - Current

#### **Freelancer**

- Developed customized yoga therapy sessions for patients with medical conditions such as low back pain, arthritis, diabetes, insomnia, overweight and digestive disorders
- Measured and monitored pre and post therapy session parameters to enhance effectiveness of therapeutic sessions.
- Developed and implemented individualized yoga therapy plans for clients with chronic pain, stress, anxiety, and other physical or mental health issues.
- Assisted clients in understanding the connection between body movements, breathing techniques, and relaxation methods for improved overall wellbeing.
- Instructed classes to teach clients how to practice yoga postures safely and effectively.

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### TECHNICAL OFFICIAL, 09/2021 - Current

#### **Maharashtra Yogasana Sport Association (MYSA), India**

- Ensured adherence to official rules and regulations of the sport.
- Supervised and monitored athletes during sporting events.
- Evaluated team performances and provided feedback to coaches.
- Communicated effectively with teams, coaches and spectators at all times.
- Resolved disputes between players or teams in a professional manner.

- Provided instructions, guidance and support to players on sports etiquette.

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#### **YOGA THERAPIST, 04/2023 - 02/2024**

##### ***LiveAltLife***

- Instructed classes to teach clients how to practice yoga postures safely and effectively.
- Conducted group sessions to help participants learn how to use yoga as a tool for healing various conditions.
- Created class sequences tailored to the needs of each student while ensuring safety at all times.
- Monitored progress of clients through regular assessments and adjustments in their treatment plans accordingly.

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#### **YOGA THERAPIST, 12/2022 - 07/2023**

##### ***Anantam Nature Cure***, Mumbai, India

- Developed and implemented individualized yoga therapy plans for clients with chronic pain, stress, anxiety, and other physical or mental health issues.
- Instructed classes to teach clients how to practice yoga postures safely and effectively.
- Conducted group sessions to help participants learn how to use yoga as a tool for healing various conditions.
- Provided one-on-one consultations to assess client's current physical condition and fitness level.

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#### **YOGA THERAPIST, 01/2021 - 06/2021**

##### ***PGIMER***, Chandigarh, India

- Instructed and demonstrated Antenatal Yoga Sessions for Research project for 6 months
- Project name-'Effect of Yoga on pregnancy outcome and on Umbilical cord Blood derived stem cells'.

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#### **YOGA COACH**

- Demonstrated and instructed yoga sessions for kids
- Prepared students for yogasana competitions at various levels
- Guided fitness yoga sessions for adults.

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#### **CORPORATE YOGA TRAINER**

- Lead online yoga sessions specific to conditions like back pain, neck pain, joints ache and for stress management of employees of SocioLoca a digital marketing agency
- Conducted a yoga session for 80-100 factory workers with the job of long sitting hours of 'Metro Brands' a footwear retail company
- Guided a chair yoga session for 'Kalyan Janta Sahakari Bank' for around 50-60 employees
- Conducted online group sessions for beginner and intermediate levels
- Explained and demonstrated safe yoga routines for clients with lifestyle disorders and corrected the postures with concise instructions when and where needed

- Proactively addressed difficulties, modifying postures as necessary to ensure a safe and enriching experience, promoting overall well-being.

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## EDUCATION

**S-VYASA University, Bengaluru, 07/2019**  
**Yoga instructor course**

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**Ghantali Mitra Mandal, Thane, 01/2017**  
**Diploma in yoga education**

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**S-VYASA University, Bengaluru**  
**M.Sc Yoga Therapy**

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**Mumbai University**  
**Bachelor of Commerce**

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## CERTIFICATIONS

- PG training Program in Garbhasanskar, 11/01/21
- Maharashtra Yogasana Sports Association (MYSA) authorised Referee

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## AWARDS

- Secured 2nd prize in Himalayan Yoga Olympiad Level 1 Competitions, 01/01/19
- Participated in National Yogasana Championship, 01/01/13
- Secured 5th position in International Yogasana and Title Championship, 01/01/12
- Participated in 9 State level Yogasana Competitions
- Appeared and cleared the State Level Yoga Judge exam organised by Bruhan Maharashtra Yoga Parishad
- Participated in 750 Million Suryanamaskar challenge for 21 days

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## WEBSITES, PORTFOLIOS, PROFILES

<https://www.linkedin.com/in/mugdha-lele>