



Name: MR KARTIK NADAR

Father's Name: MR MANOHAR NADAR

Date of Birth: 26th November 1991

**Address: 404, Gyan Darshan CHS,
Shankar Galli, Kandivali West, Mumbai
400063.**

Contact Details:

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Professional Summary:

Highly motivated, energetic, skilled and certified Yoga Instructor who is comfortable working with all ages and background and has deep knowledge about asanas, as well as relaxation and breathing techniques. Hardworking, dedicated and supportive with excellent communication and problem solving abilities. Enjoys inspiring others to improve wellness and commit to long term health and fitness goals. Committed to providing extensive instructions 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 the clients.

Skills:

- Form Expertise
- Yoga Poses
- Spiritual Healing- Hypo therapy and Pranic Healing
- Demonstration of Exercises
- Group Instructions
- Strong Communication Skills
- Leadership
- Healing
- Meditation

Education and Certifications:

- Bachelor's in commerce: Mumbai University
- 200HR YTTC: Sivananda Yoga Vedanta Academy, Kerala
- Clinical Hypnotherapy Level 1: EKAA Foundation
- Basic Pranic Healing: Yoga Vidya Pranic Healing Foundation of Maharashtra.

Professional Experience:**Pranic Healing Foundation Of South Mumbai****June '23 - till date**

- Rectified imbalances in the patient's body by transmitting universal energy to the patient using specific frequencies and techniques for specific diseases and conditions.

Prana Yoga Therapy Centre**November '20 - till date**

- Designed and implemented customized yoga programs for clients
- Hosted weekly workshops on yoga philosophy and anatomy
- Maintained a clean and organized yoga studio, ensuring a safe and welcoming environment for students.
- Implemented evidence-based yoga programs for clients with chronic pain and anxiety resulting in improved quality of life and reduced medication use.
- Participated in continuing education courses and workshops to remain up to date on the latest yoga trends and techniques
- Collaborated with other instructors to design and implement new yoga sequences and techniques which resulted in improved student engagement and retention

Freelance Instructor**May '21- till date****Yoga :**

- Trained around 30 clients with diverse needs resulting in increased physical mobility and improved mental health
- Organised meditation sessions to improve stress management and relaxation skills for clients.
- Introduced hatha yoga , chair yoga, pranayama yoga , bhakti yoga to clients which has helped them channelise their emotions and enhanced concentration leading to wellness and improved productivity at workplace.
- Maintained accurate records of client progress and feedback resulting in improved program effectiveness and student outcomes.

Pranic Healing:

- Helped the patients enhance health and increase stamina, reduce stress and anxiety, improve inner peace and happiness