

**Saurabh Sharma**

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### **PROFILE SUMMARY**

Skilled and certified advanced-level yoga teacher for all age groups with effective intra-personal skills. Highly motivated and confident about my goals and interest which is health and fitness. I have a flexible and observant teaching style according to the client's requirements. I believe mental and physical health are equally important to live a healthy life. I have 1100 hrs TTC training and 1 year of teaching experience. I also have 15 years of self-practice experience in body weight training and health management.

I have worked in manufacturing corporates as an Operation Head. I am well versed in motivational training and counseling as I was handling operation teams. Well-versed in compliance requirements, safety and customer service management.

Now, I decided to choose Yoga as a profession because of my motivation and passion for health and fitness.

### **PROFESSIONAL SKILLS**

- Ashtanga yoga, Hatha Yoga
- Kriya yoga, Raja Yoga
- Asana, pranayama, Kriyas & meditation
- Patanjali Yoga Sutra
- Yoga Philosophy
- Mental Health & Hygiene
- Healthy lifestyle and nutrition
- First aid & CPR
- Individual and group classes teaching

### **Certifications**

- 900 hrs advanced-level teacher training certification from "The Yoga Institute" Mumbai in 2023.
- 200 hrs basic level teacher training certification from "The Yoga Institute" Mumbai in 2022.

"The Yoga Institute" is the oldest in the world certified by the Quality Council (Ayush Ministry Of India) and the international yoga alliance and YCB India.

- 3 years NCC (National Cadet Corps) Indian ARMY Division course awarded with "A Grade Credits".

### **ACADEMIC BACKGROUND**

MBA in Operations Management from NIMS University, Jaipur, India.

Bachelor of Engineering in Mechanical from Career Institute of Technology and Management Faridabad, Haryana, India.

Diploma from Government Polytechnic Nilokheri, Haryana, India.

### **PERSONAL SKILLS**

- Coach Ability
- Effective Intra - Personal skills
- Good Communication Skills & Domain knowledge with experience
- Positive Attitude, Self Confidence
- Fluent in Hindi, English, Sanskrit, Punjabi
- Can speak and understand Kannada
- Learning German, French

### **Declaration: -**

I hereby declare that the above information mentioned by me is correct to the best of my knowledge and belief.