



Dhiraj Talreja

Location : Mumbai

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Summary

Passionate Yoga instructor training in Ashtanga, Vinyasa and Hatha Yoga. Committed to providing extensive instructions and counselling to my clients, while motivating them to find inner peace, maintain work balance and to stay healthy.

Creating the flow for the sessions as well as follow organization's plans that aim to support and benefit individual member's needs.

Leading Yoga and guided meditation class and promote mental health of individuals.

Highlights

- Training Hatha Yoga (Beginner & Intermediate)
- Focused & Mindful meditation sessions.
- Adding variations to Asanas.
- Alignment, Techniques & Breath Queues
- Personal Sessions & Group Batches

Experience

Freelance Yoga
Instructor

2021 - 2022

A guided meditation session online for a corporate firm 'Chenoa'
Personal Yoga, Meditation & Surya Namaskar sessions (Online & Face to Face)
Worked as Yoga Instructor with DMYC (Dubai) from February – May 2022.

Digital Marketing
Executive

2016 – 2022

D Brand Connect, Mumbai

Scheduling client meetings, planning a social media strategy, and retaining clients.

Coordinating with clients and delivering the desired results.

Organizing and Budgeting digital ads with efficient keywords to reach the target audience.

Business Analyst
(work Force
Management)

2011 - 2016

Sitel

Monitoring staffing, shift schedules, break timings, reporting issues to balance a effective work environment.

Generating hourly, daily (end of the day) & monthly reports.

**Customer Care
Officer**

2008 - 2011

Convergys

Interacting with customers and B2B representatives assisting them in further process of installation of fixed line, internet and mobile.

Retaining customers by offering discounts on the subscribed services.

Handled a team ensuring the timelines are been adhered.

Education

Bachelors of Commerce, Mumbai University

200 Hours certified yoga instructor for Hatha Yoga and Ashtanga Yoga

Google Certified Digital Marketing Specialist

Testimonials

Thank you so much for amazing session, the participation was amazing and the way you interacted with our employees and gave them personalized tips was commendable. I feel rejuvenated and refreshed myself after the session, which is rare on a Friday after a long hard week of work. I would definitely recommend your session to my references and hope to make more such sessions in the near future.

Komal, Chenoa HR Team

I Loved the sessions with Dhiraj Talreja as not only he motivates to get up and moving but also would correct even the minor mistakes in the flow, he will explain the correct breathing techniques as that is the essence of yoga ... rather than going with the flow and reaching to the end of the class. His motive is to make his students perfect. Looking forward to more such sessions. Thank You.

Pooja Chawla

Hi my name is Aparna and I live in Dublin Ireland. I started an online class with Dhiraj in August 2021 and I really loved it.

Dhiraj is a very professional and highly competent trainer. He has a sound understanding of yoga and alignment of postures.

I find each session is very nicely structured initiating from full body warm-up to high fat burning core workout. I'm still continuing my 5days / week class and I can see improvement in my postures and flexibility.

I thoroughly enjoy each session as it's a part of my daily routine.

I highly recommend Dhiraj fitness class and wish him all the best.

Aparna

I had taken the breathing course with Dhiraj Sir and the way he taught me was amazing. He is so calm and patient while teaching and he always pushed me to do better while breathing which helped a lot.

Apart from that he also provided general tips for everyday like our posture, eating etiquette which were quite useful.

Vivek

The Yoga Class taught by Dhiraj was very helpful.

Talking about the class, it helps and inspires one to feel and be energetic and healthy. The techniques taught were in such a way that even a neophyte can grasp and understand.

Talking about Dhiraj as a tutor, he has immense knowledge and practice in this field and as a person he is friendly, punctual and also helps on questions related to fitness after the class.

Overall a must join for anyone be a neophyte or experienced or aged.

Sahil Gangwani