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**Shweta Pandey**

Mira Road

Mumbai 401107

6387435522]

Shweta40454@gmail.com

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**Objective**

Certified and passionate Yoga Teacher with 2 years of experience in leading classes in various yoga styles, including Hatha, Vinyasa, and Ashtanga. Dedicated to promoting physical, mental, and spiritual well-being through customized yoga programs. Seeking to contribute my skills and experience to a reputable yoga studio or wellness center.

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**Certifications**

- **Certified Yoga Instructor** | Patanjali 2021
  - **200-Hour Yoga Teacher Training** | Patanjali 2021
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**Professional Experience****Yoga Teacher**

Patanjali - Mumbai

Present

- Lead group and private yoga sessions for students of all levels, focusing on breath control, flexibility, strength, and meditation.
- Develop tailored yoga programs to meet the specific needs of individuals, including beginners, pregnant women, and seniors.
- Educate students on the philosophy and benefits of yoga, promoting holistic wellness.
- Monitor and assist students with proper alignment and techniques to prevent injuries.
- Organize and conduct workshops, retreats, and special events to engage the community and promote yoga.

## **Assistant Yoga Teacher**

Patanjali - Mumbai

- Assisted lead instructors in delivering yoga classes by demonstrating poses and providing hands-on adjustments.
  - Guided students through warm-up exercises and relaxation techniques.
  - Helped in the preparation and cleanup of the studio before and after classes.
  - Supported in organizing yoga events and managing class schedules.
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## **Education**

### **Post Graduate in Master of Arts**

Varanasi

2019

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## **Skills**

- Expertise in various yoga styles: Hatha, Vinyasa, Ashtanga, Yin Yoga
  - Strong knowledge of anatomy and physiology
  - Meditation and mindfulness techniques
  - Excellent communication and interpersonal skills
  - Ability to create a positive and inclusive environment for all students
  - Event and workshop planning
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## **Additional Information**

- **Languages:** Fluent in English and Hindi
- **Volunteer Work:** Yoga Instructor for Patanjali
- **Interests:** Meditation, Ayurveda, Holistic Nutrition



पतंजलि योगपीठ ( ट्रस्ट )  
PATANJALI YOGPEETH (TRUST),®

द्वारा संचालित

पतंजलि योग समिति ..... MUMBAI ..... द्वारा आयोजित



सह-योग शिक्षक प्रशिक्षण प्रमाण-पत्र  
ASSTT. YOGA TEACHER TRAINING CERTIFICATE (AYTTC)

क्र.सं./Sr.No. : AYTTC59959

Aadhar No: 361002829406

दिनांक/Date : 26/10/2024

प्रमाणित किया जाता है कि श्री/श्रीमती/कुमारी Shweta pandey पुत्र/पत्नी/सुपुत्री Premnath shukla  
निवासी Hazel 102 hubtown gardenia Ph-1 15 No busstop Aackruti garden जिला Thane राज्य Maharashtra  
देश Bharat ने 100 घंटे का अष्टांग योग का बौद्धिक एवं प्रयोगात्मक प्रशिक्षण एवं कार्य क्षेत्र में क्रियात्मक प्रशिक्षण 200 घंटे  
सहित कुल 300 घंटे का योग शिक्षक प्रशिक्षण A ग्रेड\* में सफलतापूर्वक उत्तीर्ण किया है।

This is certified that Shri/Mrs./Miss/ Shweta pandey S/o/W/o/D/o Premnath shukla  
R/o Hazel 102 hubtown gardenia Ph-1 15 No busstop Aackruti garden Distt. Thane State Maharashtra  
Country Bharat has completed 100 hours of Ashtang Yoga theoretical, practical & 200 hours of on ground  
practice training of total 300 hours successfully passed with .....A..... Grade\*.

सुरेश यादव - भारत स्वाभिमान न्यास, राज्य प्रभारी  
State Coordinator, Bharat Swabhimān Nyas

स्वामी परमार्थदेव  
Chief Central Coordinator



शिविर आयोजक : भारत स्वाभिमान, युवा-भारत एवं पतंजलि किसान सेवा समिति, राज्य MUMBAI

Yog Camp Organizer : BHARAT SWABHIMAN, YUVA BHARAT & PATANJALI KISHAN SEWA SAMITI, STATE MUMBAI

मुख्यालय : महर्षि दयानंद ग्राम, पिकेट बहाराबाग, हरिद्वार-249402, उत्तराखण्ड ( भारत ) / Head Office : Maharishi Dayanand Gram, Near Bahadrasbad, Haridwar-249402, Uttarakhand (India)

\* Grade: 'A'- 90% & above, 'B' 70 to 90%, 'C' 55 to 70%, 'D' 35% & above