



PROFILE

Energetic Trainer with thorough knowledge of diverse strength training programs and group classes. Versed in assessing client fitness levels and safety supporting goals. Knowledgeable Yoga Instructor offering 5 years of experience as group fitness instructor. Leverages diverse styles and techniques for different skill levels. Caring, patient and observant leader with educational style.

CONTACT

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SKILLS

- Breathing Techniques
- Form expertise
- Nutrition Advisory
- Acupressure Practitioner
- Group Class Management
- Pre and Post Natal Yoga
- Meditation & Yoga Nidra

CHHAVI BHATNAGAR

Devine Teacher

EDUCATION

High School (2010) K.V.M Int. College Pansar – Saharanpur (Uttar Pradesh)

Intermediate (2011) K.V.M Int. College Pansar – Saharanpur (Uttar Pradesh)

Bachelor of Arts: Yoga Therapy and Teacher Training.
M.L & J.N.K College – Saharanpur (Uttar Pradesh)

Master's Degree (2018)- Yoga Science

Diploma: Acupressure Healing Science (A.S.P.E.U.S Prayagraj) 2021
Pursuing Advance Diploma in the same field.

WORK EXPERIENCE

Yoga Instructor (Aug 2018- Jan 2021)
Sanskriti Yoga Kendra (Haridwar)

- Practiced effective exercise programs for class members.
- Maintained therapeutic relationship with students to encourage attendance.
- Held bi-weekly meditation sessions and offered guidance throughout.
- Stayed current with fitness and adjusted to needs and wants of class participants.

Dev Yoga Kendra:
Running my own Yoga Studio since **March 2021**.

Worked as a Freelancer: Online and Offline both.

HOBBIES

- Meditating
- Practicing Yoga Postures