

Shubham Joshi

Summary

- Yoga professional with over 5 years of experience in teaching and practicing different forms of Yoga and Meditation.
- M.Sc in Yogic Science, M.A. in Sanskrit (pursuing) and Diploma in Nutrition and Health Education.

Experience

Yoga Consultant, HealthifyMe, Bangalore (Sep' 2021 - Oct'2022)

- Worked as a yoga consultant at HealthifyMe, one of the fastest growing health focused start-up.
- Advising clients on different yoga forms and their health benefits, dietary plans, and holistic health consulting.

Yoga Teacher, Vedic Yoga Kendra, Haridwar (2017-2020)

- Taught Yoga and Meditation to over 1000 people as a regular teacher at Vedic Yoga Kendra, Haridwar. Advised on other health benefits

Freelance Yoga Teacher, Haridwar (2017-2021)

- Conducted Yoga and Meditation sessions for multiple expat groups (Japanese and Mexican).
- Conducted multiple 15 days Yoga and Sanskar Training Camp at Uttarakhand.
- Taking regular tutoring classes for over 25 individuals over the years.

Education

M.A. in Sanskrit, Uttarakhand Open University, 2020-2022

Diploma in Nutrition and Health Education, IGNOU, 2020-2021

M.Sc. in Yogic Science, Gurukul University, 2015-2017

B.Sc. – PCM, DAV College, HNB University, 2012-2015

Workshops

- Certificate course of completion for 120-hour intensive workshop in traditional Asthanga Yoga
- National Workshop on Marma Therapy, Gurukul University
- Certificate course of completion for E-RYT 200 hrs & E-RYT 300 hrs, Yoga Alliance, U.S.A

Contact Information

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Personal Information

Languages – Hindi, English
DOB – 15-June-1995

Interests

Adventure Sports
Reading
Travelling

Achievements

NSS (National Service Scheme) group leader

‘A Grade’ in State Adventure Training conducted by Youth Welfare Department, Uttarakhand

Three-time participant in International Yoga Fest by Ministry of AYUSH, Govt. of India