



# Priya Shah

## YOGA TEACHER

### PERSONAL PROFILE:

Let me introduce myself, I am a Yoga Teacher who has 8+ years of experience in this job. I am very experienced in various Yoga styles for all kind of student and I had teach various Platform and specialized in Hatha Yoga & Pranayama.

### LANGUAGES

- English
- Hindi

### SKILLS

- Professional
- Teamwork
- Flexibility
- Creativity
- Management

### GET IN TOUCH:

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### CERTIFICATIONS:

- Registered Yoga Teacher's (RYT200) Certification From IYMS Rishikesh India, 2019
- Certified Stress Management Instructor, 2019
- Integral Yoga Teacher's Certification, 2019

### WORK EXPERIENCE:

#### YOGA INSTRUCTOR

##### Power Yoga Clinic | 2015 to 2019

- Responsible for guiding members through invigorating and encouraging yoga practices
- Provided fitness and diet counseling
- Taught volunteers about Hinduism

#### YOGA INSTRUCTOR

##### Soul Yoga Studio | 2019 to 2020

- Conducted training workshops on current fitness and health techniques and trends
- Ensured the safety and satisfaction of all guests using the facility

### SPECIALIZATION:

Throughout my years of teaching, I have developed expertise in various yoga styles, including Hatha, I believe in tailoring my classes to meet the unique needs and abilities of each individual, ensuring a safe and nurturing environment for personal growth and exploration.

### CONTINUING EDUCATION:

As a dedicated practitioner, I am committed to continually expanding my knowledge and skills in the field of yoga. I actively participate in workshops, trainings, and conferences to stay updated with the latest developments and to enhance my ability to guide students on their yoga journey.

Whether you are a beginner or an experienced yogi, I am dedicated to helping you deepen your practice, cultivate mindfulness, and discover the transformative power of yoga. Join me on this journey of self-discovery, wellness, and inner peace.