



KOMAL GANDHI

YOGA TEACHER

CONTACT



7069171189



gandhikomai77@gmail.com



Mumbai Maharashtra

EDUCATION

Advance Yoga Teachers

Certification (900 Hours)

The Yoga Institute

2023-2024

SKILLS

- Motivation
- Time management
- Creativity
- Anatomy knowledge
- Breathing techniques
- Stretching Exercises
- Meditation
- communication

ABOUT ME

Knowledgeable yoga teacher passionate about helping clients reach their wellness goals. Adept at leading both one-on-one and group classes in alignment based Hatha yoga, Ashtanga yoga and Vinyasa. Experience in teaching yoga to all age students.

WORK EXPERIENCE

Yoga Teacher

- Contributed to improving the lifestyle of clients and fighting disease.
- Motivate client to achieve their personal fitness goals by developing and modifying routines.

stress management and pranayama.

- Demonstrated to students the proper breathing techniques and how to strike poses securely.
- Focus on helping each participant regain and build strength, mobility and cardiovascular health.

LANGUAGES

Hindi



English



ESTD 1918
The Yoga Institute
CERTIFICATE

This is to certify that
Komal Chamariya

has successfully participated in the
21 DAYS BETTER LIVING COURSE (35 HOURS)

in the month of March 2023

and has experienced the application of Yogic Concepts in their daily life.

Certificate No.: 62444

Date: 25-Mar-2023



[Signature]

Secretary, The Yoga Institute

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The Yoga Institute
CERTIFICATE

This is to certify that

Komal Hasmukh Chamariya

has successfully completed the

ADVANCE TEACHERS' TRAINING COURSE (900 HOURS) IN YOGA EDUCATION,

in the month of June-2024 and

is proficient to teach yogic concepts and techniques.

Certificate No.: TYI/A/001/5320

[Signature]

Dr. Hansaji Jayadeva Yogendra
Director, The Yoga Institute



Date: 5th-Jun-2024

[Signature]

Arumati N. Desai
Dean, The Yoga Institute