



## Contact

### Phone

+91-877-912-2242

### Email

puspashukla6@gmail.com

### Address

Dahisar, Mumbai, Maharashtra, 400068

## Education

1994 - 1995

### B.S.C

B.N. Bandodkar College of Science

2019 - 2020

**Post Graduation Diploma - Yoga**  
Kaivalydharm

2020 - 2022

**Diploma - Yoga Therapy & Natural**  
**Living & Naturopathy**  
Kaivalydharm

## Expertise

- Monitoring progress & Goal Attainment.
- Form expertise.
- Yoga poses.
- Group Instruction (Small & Large groups)
- Program development.
- Strong communication skills and
- Interpersonal connection. - Workout
- Improvement & Safety Techniques.
- Passion for health.
- Anatomy and Physiology.
- Demonstrating exercises.
- Leadership.

## Language

English

Hindi

Marathi

Gujarati

# Pushpa Shukla

## Yoga Naturo-Therapist/Teacher

Balanced Yoga teacher skilled in motivating and educating clients for healthy living and meditation, creating peaceful, supportive atmosphere to inspire new and experienced yoga students. Connected with diverse clientele and developed loyal customer base.

## Experience

2004 - 2019

Max Life, Kotak Mahindra, Max Bupa & SBI, Mumbai

### Senior Sales Manager

- Research and source potential clients and build long-term relationships with them.
- Persuade prospective clients to engage in a phone conversation and/or meeting to discuss insurance products.
- Advise clients on the insurance policies that best suit their needs
- Customize insurance programs to suit individual clients.
- Deliver approved policies to new clients and explain benefits and risks of the policy.
- Re-assess the policy needs of existing clients after life-changing events

2021 - 2022

Freelancer

### Yoga Teacher

- Planned, setup an led Yoga classes for beginners through advanced practitioners.
- Instructed students in breathing, meditation and Bandha & Mudra (Yoga techniques to improve strength & flexibility).
- Built connections with students to increase comfort with class & encourage return visits.
- Developed new yoga skills through continuous study & practice.
- Created relaxing ambience & protected students from distractions during stress in yoga classes.

2022 - Till Date

Freelancer

### Yoga Naturo-Therapist

- Take a client's case history including their physical and emotional health and lifestyle
- Agree a personalized programme of therapy to help with issues or symptoms
- Work with clients on a one-to-one basis or in group classes
- Teach simple yoga postures to more complex moves
- Teach breathing exercises, relaxation and visualization techniques
- Give advice on how to maintain good health and a sense of inner peace and relaxation
- Working as a yoga freelancer, marketing services and do business admin works.

## Additional Information

### Pre & Post Natal Specialization

Pre & Post Natal Consultant

Completed through Yoga Vidya Niketan, Sep 2022

### IYA-Certified

Certified by Indian Yoga Association

Completed through Yoga Vidya Niketan, Aug 2022

