

### **PROFILE**

CERTIFIED YOGA TEACHER

RYT -500 CERTIFIED (YOGA ALLIANCE)

CERTIFIED YOGA WELLNESS INSTRUCTOR -YCB LEVEL - 2 BY MINISTRY OF AUYUSH, GOI.

Over 3 years experience in teaching and advanced training in classical Hatha Yoga.

Experienced in creating teaching plans for both beginners and intermediate level.

DOB: 17/11/1994

#### **CONTACT ME**



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monikabisht958@gmail.com



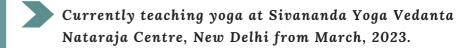
A-321, MINTO ROAD COMPLEX NEW DELHI - 110002

### **MONIKA BISHT**

### Certified Yoga Teacher



### **WORK HISTORY**



Experienced in assisting in Yoga Training at Sivananda Yoga Vedanta Dhanwantari Ashram, Neyyar Dam from December 2022 to March 2023

# YOGA TEACHER -2020 TO NOVEMBER 2022 TEACHED YOGA IN GROUP & INDIVIDUAL CLASSES

- Teached, and, through practical demonstration provided guidance on appropriate yoga poses and techniques, proper breathing techniques and meditation based on individual needs and abilities of the student.
- Through verbal cues and practical adjustments, teached students to attain correct yoga postures and techniques and thus also prevent injury.
- Developed effective yoga programs based on student needs.
- Assisted students in setting achievable goals and monitored their progress towards success.
- Encouraged students to stay motivated and practise regularly.



### **SKILL SETS**

- Certified Yoga Teacher
- In-depth knowledge, both practical & theoretical to teach Hatha Yoga, Advanced Pranayama, Bandhas, Shat Kriyas, Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga & Meditation.
- Experienced in teaching
   varied student profile Kids, lady's with pregnancy,
   disabled individuals, senior
   citizens suffering from
   degenerative diseases and
   individuals suffering from
   life style diseases.
- Caring, Patient & Observant.

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## **MONIKA BISHT**

### Certified Yoga Teacher



### **WORK HISTORY**

YOGA TRAINING WORKSHOP, SEPT - 2020

CONDUCTED YOGA TRAINING WORKSHOP
ORGANISED BY **NON-STOP EDUCATION AND SOCIAL WELFARE FOUNDATION**, NEW DELHI *an* NGO.

- Voluntarily conducted a 2 day workshop to teach yoga to kids.
- **Key Focus Area** Mental health, physical growth, concentration, movement and balance, both physical and mental.
- YOGA LIVE SESSION ON FACEBOOK, 21/6/2020

CONDUCTED YOGA LIVE SESSION on FACEBOOK ORGANISED BY **CHATTRA YUVA SANGHARSH SAMITI**, NEW DELHI *a* STUDENT BODY FEDERATION on 21ST OF JUNE 2020 ON THE OCCASION OF INTERNATIONAL DAY OF YOGA.

TEACHED COMMON YOGA PROTOCOL 21/6/2020

CONDUCTED by YOGA CERTIFICATION BOARD, MINISTRY OF AYUSH, GOVERNMENT OF INDIA on 21ST OF JUNE 2020 ON THE OCCASION OF 6TH INTERNATIONAL DAY OF YOGA.

- Trained 50 families on Common Yoga Protocol and helped to promote Yoga.
- Theme Yoga at Home & Yoga with Family.



#### **CERTIFICATIONS**

- YOGA CERTIFICATION BOARD LEVEL - 2 (YOGA WELLNESS INSTRUCTOR), MINISTRY OF AUYUSH, GOI.
- RYT 300 HR (YOGA ALLIANCE CERTIFICATION)
- RYT 200 HR (YOGA ALLIANCE CERTIFICATION)
- CERTIFICATE OF
  APPRECIATION FROM YOGA
  CERTIFICATION BOARD FOR
  TEACHING COMMON YOGA
  PROTOCOL ON 21/06/2020.

### LANGUAGE SKILLS

- ENGLISH
- HINDI
- KUMAONI

### **INTERESTS**

- ADVENTURE TRAVEL
- SPORTS & FITNESS

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### **MONIKA BISHT**

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#### PROFESSIONAL CREDENTIALS

ADVANCED TEACHER TRAINING COURSE - YOGA ACHARYA - RYT 300 HR

CONDUCTED BY SIVANANDA YOGA VEDANTA MEENAKSHI ASHRAM, MADURAI, TN, INDIA. COMPLETED IN FEBRUARY, 2023.

It's a residential 4 week comprehensive advance course for Sivananda certified Yoga teacher's.

TEACHER TRAINING COURSE - YOGA SHIROMANI - RYT 200 HR

CONDUCTED BY SIVANANDA YOGA VEDANTA DHANWANTARI ASHRAM, NEYYAR DAM, THIRUVANANTHAPURAM, KERALA, INDIA. COMPLETED IN DECEMBER, 2022.

It's a four-week intensive residential programme to develop skills to teach yoga in the classical tradition, and establishes a firm foundation of discipline and a strong base to teach others with confidence.

- 2 YEARS MASTER'S IN YOGA & SCIENCE OF LIVING FROM JAIN VISHVA BHARATI INSTITUTE (DEEMED TO BE UNIVERSITY) LADNUN, RAJASTHAN, INDIA. COMPLETED IN 2021.
- COMMON YOGA PROTOCOL INSTRUCTOR COURSE COMPLETED IN 2020 FROM MORARJI DESAI NATIONAL INSTITUTE OF YOGA, NEW DELHI. (MDNIY).
- EARLIER COMPLETED FOUNDATION COURSE FROM MDNIY IN 2019.
- **OTHER QUALIFICATION**
- B.COM FROM DELHI UNIVERSITY
- M.COM FROM IGNOU.