



MONA CHAURASIYA



Yoga Coach

D.O.B: 22 / May / 2000

Profile

- A seasoned Yoga Coach and Alternative Therapist with over **5 years** of hands-on experience in promoting holistic health and well-being. With a profound educational background in Yogashatra and Naturopathy
- Seeking a position to utilize my skills and knowledge to inspire and guide individuals on their journey to wellness and self-discovery.

Skill

- Comprehensive knowledge of various yoga forms and postures.
- Proficient in designing and executing tailored yoga and therapy programs.
- Strong understanding of human anatomy and physiology.
- Excellent communication and interpersonal skills.

CONTACT



+91 90294 28489



Monachaurasiya0987@gmail.com



Mumbai

EDUCATION

BA in Yogashatra **2019 -2022**
K J Somaiya Institute of Dharma Studies

Diploma in Naturopathy and Yoga **Year 2019**
Kala Vidya sankul polytechnic institute

200 Hours TTC Course **Year 2019**
Premanand Yoga

Higher Secondary Certificate(HSC) **Year 2017**
Allahabad University **Percentage: 76%**

Secondary School Certificate(SSC) **Year 2015**
Allahabad University **Percentage: 83.3%**

Work Experience

YOGA SPECIALIST **2022 TO PRESENT**
Rajshree Yoga

- Developed age-appropriate yoga curriculums that focus on enhancing physical agility, mental focus, and emotional balance.

SENIOR YOGA INSTRUCTOR **2019 TO 2022**
Premanand Yoga

- Conducted personal, corporate, and group yoga sessions, catering to over 100 clients monthly.

ALTERNATIVE THERAPIST **2018 TO 2019**
Kala Vidya Sankul

- Specialized in Sujok Therapy, Acupressure, Dry Cupping Therapy, Panchakarma, Mud Therapy, Water Therapy, Chromo Therapy, and more.

ACHIEVEMENTS

Represented Maharashtra as a
National-level Yoga Practitioner in 2021