

DHANASHREE JADHAV

YOG TRAINER

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Vikroli(East),Mumbai 400083

OBJECTIVE

Motivated Yog trainer with training in Hath Yog, Ashtang Yog Principal and Power Yog,I enjoy inspiring others to improve wellness and commit to long term health and fitness goals. Energetic and out going with a collaborative spirit,

Some of the traits that I possess are-

- Encouraging leader
- Adaptive professional
- Flexible instructor
- Team player
- Intuitive
- Understanding Teacher
- Life-long learner
- Work well with all experience level

CERTIFICATION AND QUALIFICATION

- 200 hrs yog teacher training course from New Age Yoga Institute,Mumbai
- Practical training of Ashtang Yog
- Accupressure and massage therapy course level-1 from New Age Yoga Institute
- Diploma in Aviation and Hospitality Management from AHA,Mumbai

CURRENT WORK PROFILE

- Yog trainer at Hiranandani Complex,Powai
- Yog trainer at Fitness Plus,Parel
- Treating patients on freelancing level as an Accupressure Therapist
- Take seminars on Yog and Accupressure therapy for Mumbai Police and BPT Employees(Bombay Port Trust)

- Yog trainer at CCI (The Cricket club of India), Churchgate.

PREVIOUS EXPERIANCE

- Taking yoga classess at City of Joy,Mulund,Mumbai
- Taking yoga sessions at sudha Park,ghatkopar,Mumbai
- Corporate yog training
- Taking Yoga sessions at The Gym, Bhandup.

SKILLS

- Hatha Yog
- Ashtang Yog
- Meditation
- Stretching