

## PRADNYA AURADE



### CONTACT



Ambhajogai Road Mayurban Colony  
Latur

8010157914

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### SKILLS

Hatha Yoga teaching

Meditation Teaching

Pranayam

Practicing Advanced Asana

Classes Planing

Modi lipi

Basic Computer Knowledge

### INTERESTS

Practicing Meditation

Advance Asanas

Horse riding

Cycling

Trekking

Acting

### OBJECTIVE

To extend my passion for yoga and meditation to empower individuals in managing stress and enhancing their overall quality of life. Through personalized instructions and motivational guidance, my objective is to foster a culture of self-care and mindfulness, ultimately contributing to healthier, happier communities

### EXPERIENCE

12 June 2026 - 28 June 2023

Yoga Instructor

Sri Sri Ravi Shankar Yoga Primary School Latur

Jan 2024 - March 2024

Yoga Instructor

Conduct Online classes For Thyroid Patient

### EDUCATION

**Kaivalyadham Yoga Institute Lonavla**

2024

MA Yogashastra

**Nanded University**

2022

Bachelor in Art's

**Nashik University**

2021

Diploma in Yoga

### PROJECTS

**Certificate of TTP (Teacher Training Program )**

Work as a volunteer in this project

**Certificate of appreciation in national conference**

Work as a volunteer in the national conference on integration of yoga in school education

**Art of living**

Work as a volunteer

**Yoga workshop**

I was today free yoga classes for women for 1 month