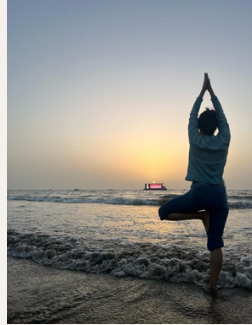




Pallavi Solanki

Yoga Teacher



I am a certified wellness coach with over 5 years of experience guiding individuals on their paths to holistic health. I am committed to empowering clients to discover their potential for self-healing, growth, and sustained well-being.

CONTACT

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 ☎ 8171337508
 📷 yogini_pallavi07

SKILLS:

- Yoga and Wellness Coaching
- Workshop Facilitation
- Pranayama Program Design
- Public Speaking
- Also focus on Meditation
- Stress Management Techniques

QUALIFICATIONS/ACHIEVEMENTS

- Certified Yoga trainer
- Diploma in Yoga
- Member of Uttarpradesh Yogasana Sports Association(UPYSA)
- National Player of yoga

EXPERTISE:

- Mindfulness-based Stress Reduction
- Pranayama expert.
- Yoga therapy for emotional well-being
- Pranayama Wellness Program Facilitation

Work History

Yoga Trainer

Online sessions
 2019 – Present

- Designed and facilitated wellness programs for over 500 individuals, achieving a 95% satisfaction rate.
- Conducted group sessions and workshops on topics like mindfulness, yoga, and pranayama.

Wellness Consultant

At UttarPradesh Yogasana Sports Association
 2022 – Present

- Assisted in curating the spa's wellness retreats, ensuring a blend of relaxation and actionable wellness techniques.
- Organized monthly wellness workshops, increasing community engagement by 40%.

Yoga Instructor

Worked as Member of IYTA(Indian Yoga Therapist Association)
 2019 – 2022

- Taught diverse yoga classes, from beginners to advanced, ensuring inclusivity and adaptability.
- Organized and led yearly yoga retreats, focusing on deepening practice and promoting holistic wellness.