



# Nikita Kataria

## Yoga Instructor

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📷 my\_unique\_yoga

## Skills

- Hatha and vinyasa yoga
- Yoga for specific health conditions
- Chakra and other styles of meditation
- Effective communication
- Leadership skills
- Adaptability

## Language

- English
- Hindi
- Italian A1

## Education Background

- **Pranayama and Meditation Teacher Training**  
*Koham School Of Yoga*  
Completed in May 2023
- **PG Diploma in Yoga**  
*Kurukshetra University*  
Completed in 2022
- **Gym and Aerobics Instructor Certificate**  
*Kurukshetra University*  
Completed in 2022
- **Teacher Training Certificate Course in Yoga**  
*University Of Mumbai*  
Completed in 2022

## Hobbies

- Travelling
- Swimming
- Listening to music

## About Me

Yoga practitioner and teacher with great communication and class engaging skills that keeps the practitioners bound to the practice. Love to study yogic philosophy and having keen interest in healing yoga.

Taking sessions of private clients and yoga studios as freelancer, along with that she is having experience of working with patients of different health conditions in hospital setting.

## Professional Experience

### Hospital and Institute of Integrated Medical Sciences | Yoga Instructor

*Sept. 2022 – Present*

- Provided yoga therapy to patients.
- Created specialised yoga sessions for specific health conditions.
- Worked with patients of different health conditions like CKD, liver cirrhosis, diabetes, thyroid, depression, anxiety, hypertension, thalassemia, arthritis etc.
- Provided patients with set of yogic practices to be followed after discharge.

### Personal Yoga Sessions | Yoga Instructor

*2022 – till present*

- Designed practices specifically suited to the needs and goals of the client.
- Helped build strength and find balance in their life
- Helped to improve physical as well as mental health of clients.

### Online Yoga Classes | Yoga Instructor

*2021 – till present*

- Safely taught postures in a virtual setting.
- Helped clients with varying work locations to stay connected to yoga
- Shared the knowledge of yoga and helped to resolve any doubts regarding physical and spiritual aspects of the practice.

## Certifications

- Yoga Professional Member of Indian Yoga Association (Membership ID – IYA/2022/YP3843)
- 7 Days Chakra Meditation by Shashank Yoga (UYA approved) (2020)