

MONA PATIL



Mumbai , India, 400012 * 9699129756 * monasarkar10@gmail.com

-----PROFESSIONAL SUMMARY-----

Skilled and certified yoga instructor with the ability to build effective relationship with students of all backgrounds and skills levels. Hardworking, dedicated and supportive with excellent communication and problem solving abilities. Well versed in compliance requirements, safety and customer service management. Caring, patient and observant leader with an educational style.

-----SKILLS-----

- Form expertise
- Group instructions
- Strong communication skills
- Leadership
- Yoga Poses
- Demonstrating exercise

-----ACTIVITIES-----

Certified Course

- Certified Yoga Teacher (Diploma in Advanced Yoga) course completed from Premanand Yoga Institute, 03/2021– 02/2022
- Level III, 900 Hours certified course
- Ashtanga and Vinyasa approaches

Yoga Instructor, 03/2022 – Current

Freelancer – Mumbai

- Explain different yoga style and poses.
- Develop safe and effective yoga exercise programs for class members.
- Motivate clients to achieve their personal fitness goals by developing and modifying routines.

Marathon Runner, 2021 to Current

- Inspires client to Join Marathon and guide them for their Marathon journey
- Take personal efforts to prepare clients for Marathon

-----PERSONAL DETAILS-----

Date of Birth: 10/02/1988

Marital status: Married

Religion: Hindu

Nationality: Indian

Gender: Female