

HEMLATA VARMA

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12/09/1977



OBJECTIVE

In addition to maintaining a personal practice, successful Yoga Instructors demonstrate extensive knowledge of the history of yoga, modifications for poses, innovative sequencing, clear verbal instructions and leadership abilities. Many students rely on the expertise of teachers to learn proper alignment and build a safe practice, making it essential for instructors to have effective communication and leadership skills. Your resume should highlight your teaching experiences, as well as personal skills and qualities that set you apart as a teacher. Emphasize public speaking abilities, creativity and knowledge of modifications for safe practice.

EXPERIENCE

- **Premanand Yoga** 12/02/2018 - 24/04/2023
Yoga Trainer

EDUCATION

- **MUMBAI UNIVERSITY**
H.S.C
A

SKILLS

- Yoga , Good communication skills