



# GA

# GAUREE PAGARE

YOGA INSTRUCTOR

## DETAIL

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GAUREE PAGARE

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## OBJECTIVE

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YOGA IS A WAY OF A BETTER LIVING. IT ENSURES GREAT OR EFFICIENCY IN WORK, AND A BETTER CONTROL OVER MIND AND EMOTIONS. THROUGH YOGA ONE CAN ACHIEVE BOTH PHYSICAL AND MENTAL HARMONY. HEALTH IS THE GREATEST BLESSING OF ALL. HEALTH IS NOT JUST THE ABSENCE OF DISEASE. TO ENABLE THE INDIVIDUALS TO LEAD A LIFE OF COMPLETE PHYSICAL, MENTAL AND SOCIAL WELL-BEING AND NOT MERELY THE ABSENCE OF DISEASE OR INFIRMITY. PHYSICAL EDUCATION MAY PROVIDE THE RIGHT DIRECTION AND NEEDED ACTIONS TO IMPROVE THE HEALTH OF MEMBERS OF ANY COMMUNITY, SOCIETY, NATION AND THE WORLD AS A WHOLE. AN EDUCATIONAL SYSTEM ENCOMPASSING THE MENTAL, EMOTIONAL, SOCIAL AND PHYSICAL DIMENSIONS OF HEALTH BECOMES IMPERATIVE TO BRING ABOUT ALL AROUND DEVELOPMENT IN CHILDREN.

## SKILLS

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- POWER OF PRESENCE
- THE ABILITY TO BE EMPATHETIC
- LEADERSHIP
- PHYSICAL FITNESS
- ACTIVE LISTENING SKILL
- PUBLIC SPEAKING SKILLS
- CUSTOMER SERVICE
- FLEXIBILITY
- PATIENCE
- GOOD COMMUNICATION SKILLS
- PROFESSIONALISM
- PUNCTUALITY

## EDUCATION

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BA (MUMBAI UNIVERSITY)

MSW (SNDT UNIVERSITY)

YOGA PRAVESH (CERTIFICATE COURSE)

YOGA PARICHAY (CERTIFICATE COURSE)

DIPLOMA IN YOGA EDUCATION (ALL THREE COURSE RECOGNIZED BY THE DIRECTOR, DEPARTMENT OF AYUSH, GOVERNMENT OF MAHARASHTRA)

200 HRS YOGA TEACHER TRAINING

THREE MONTH SHREE AMBIKA YOG KUTIR (CERTIFICATE)

FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS (CERTIFICATE)

GURUKUL YOGUTSAV (CERTIFICATE OF ACHIEVEMENT)

THANK YOU

(GAUREE PAGARE)

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