







"Health is wealth, peace of mind is happiness.
Yoga shows the way."
Swami Vishnudevananda

SIVANANDA YOGA VIDYA PEETHAM

Thiruvananthapuram, Kerala, India

Whereas by the Grace of God, the title

Senior Teacher of Yoga Level 2
(Total training - 500 hours)

has been awarded to

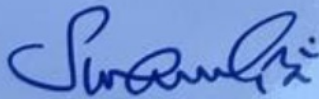
Siddhi Suryakant Teli

for training rendered and meritorious services in the field of
PROPAGATION OF YOGA.

We make this award in recognition, with a prayer to the Almighty
to bless the recipient with good health, long life,
peace, prosperity and spiritual enlightenment

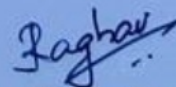
Diploma Number: **SYUP-YITC-2/164**

Issued at **Amboli, Maharashtra, India**
on this **22nd** day of **April** in the year **2023**



Ashram Director





Course Director

माझो आधार, माझी ओळख



भारत सरकार

Government of India



Issue Date: 04/11/2011



सिद्धी सूर्यकांत तेली

Siddhi Surykant Teli

जन्म तारीख / DOB: 09/01/1998

स्त्री / Female

9373 3234 2874

माझो **आधार**, माझी ओळख



भारतीय विशिष्ट ओळख प्राधिकरण

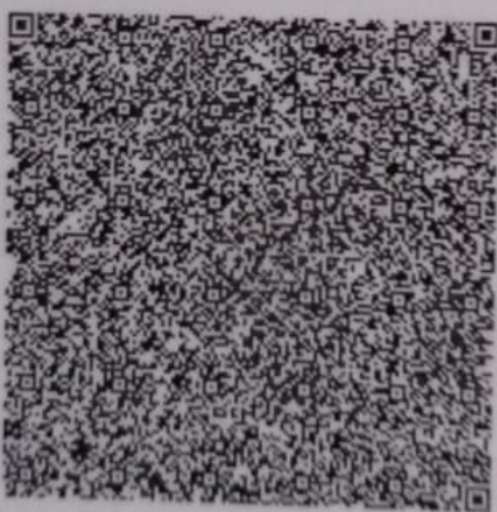
Unique Identification Authority of India



Print Date: 04/12/2021

पत्ता D/O सुर्यकांत तेली, रेतीबंदर क्रॉस रोड, १०/४, गंगा
स्मृती चाळ देवीचा पाडा सत्यवान चौक, डोम्बिवली वेस्ट, ठाणे,
महाराष्ट्र, 421202

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Maharashtra, 421202



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SIDDHI TELI

YOGA EXPERT

PERSONAL PROFILE:

CERTIFIED YOGA TEACHER GUIDE STUDENTS IN YOGA THROUGH VARIETY OF POSTURES, ASANAS AND BREATHING EXERCISES IN CLASS OR ONE-ON-ONE SETTINGS. MODIFIES SPECIFIC POSTURES TO ACCOMMODATE VARIOUS SKILL LEVELS OR PHYSICAL AILMENTS. PASSIONATELY TAKES RESPONSIBILITY FOR HEALTH AND SAFETY OF OTHERS.

CERTIFICATIONS:

- 200 hour Teachers training course from SIVANANDA YOGA VIDYA PEETHAM
- 300 hour Advanced teachers training course from SIVANANDA YOGA VIDYA PEETHAM
- Diploma in yoga therapy

GET IN TOUCH:

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ACADEMIC BACKGROUND:

BACHELOR'S IN ENGINEERING
ARMIET, SHAHAPUR

UNIVERSITY OF SOMAIYA VIDYAVIHAR
DIPLOMA IN YOGA THERAPY

WORK EXPERIENCE:

YOGA INSTRUCTOR

PERSONAL FREELANCE TRAINER | 2019-Present

- 5+ years of experience in teaching yoga and meditation
- Guiding the students into deep relaxation for stress management and better sleep
- Responsible for guiding members through invigorating and encouraging yoga practices
- Provided fitness and diet counseling
- Planned, set up and led yoga classes for beginner through advanced practitioners.
- Developed and maintained consistent communication with students by engaging in conversation before and after classes.
- Educated participants on proper nutrition and healthy lifestyle habits.
- Motivated participants through one-on-one instruction and positive feedback.
- Created comprehensive fitness programs tailored to needs and goals of each individual.