
RASHI MAHESHWARI



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S.L.I.M.L.A.D.Y



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SUMMARY

Motivated Yoga Instructor with advanced training in yoga and specialisation in Asthana principles. Also Experienced Pilates and Personal fitness instructor with the drive knowledge and enthusiasm to apply the correct fitness techniques, Pilates and yoga poses to help clients to achieve their goals and encourages people in terms of remain healthy and to cultivate the habit of regularly exercising and use yoga as healthy lifestyle.

CAREER OBJECTIVE

Looking for job opportunities as a Pilates, Yoga and Personal Fitness instructor, where I can lead people towards deeper level of physical fitness and healthy lifestyle along with mental peace.

CERTIFICATIONS

- Certified Pilates Instructor from GFFI Academy
- Certified Nutritionist from IGNOU
- Certified Yoga Teacher in Hatha Yoga and Asthanga Yoga from Yoga Alliance(RYT-500HRS).

ACADEMIC QUALIFICATIONS

- B.Tech (IT Engineering) from Rajasthan Technical University.
- CLASS XII (AISSCE) & CLASS X (AISCE) from CBSE BOARD.

AREAS OF EXPERTISE

- Pilates
- Power yoga
- Yoga
- High Intensity Interval Training
- Functional Training
- Weight Training
- Fast Learner
- Team Player
- Motivator
- Flexible Instructor

HOBBIES AND INTERESTS

- Reading novels and magazines
- Learning new styles of Make-Up
- Cooking
- Yoga and Pilates
- Health and fitness blogging
- Fitness Enthusiast

PROFESSIONAL EXPERIENCE

- Positive attitude, Organised, cooperative and Hardworking.
- Protective, Self-Motivated and Independent Worker.
- Founder of SLIMLADY, an online health and fitness platform.

PERSONAL DETAILS

Father's Name: Mr Rajendra Maheshwari

Date of Birth: 23rd Nov 1992

Gender: Female

Marital Status: Single

DECLARATION

I hereby declare that all the information furnished above is correct to the best of my knowledge.