

MEENAKSHI SANTOSH SHELAR



SUMMARY

Creative Yoga Teacher with 10 years of experience in power and restorative yoga practices. Possess in-depth knowledge about breathing techniques and postures, and a passion for the spiritual elements of yoga teaching. Committed to helping students of all ages and backgrounds unearth their healthiest selves and discover inner peace.



PROFESSIONAL EXPERIENCE

Yoga Teacher

Corporate Yoga Lodha, NNP Goregaon | 2018

Corporate Yoga St.Thomas high School 2017

Health Wellness Xpo 2017 work shop April 22 & 24

Personal Yoga At Home Services.

- Personalize yoga class sequences and lesson plans for beginner-toadvanced-level students
- Help 125+students develop their physical and mental awareness through meditation sessions, flow yoga projects, and yoga handstands
- Increased attendance by 21% in the first five months of my job placement through teaching interactive exercises, encouraging activeparticipation during sessions, and maintaining a clean studio environment
- Instruct a group of 50 students on how to improve flexibility and step into the right poses by controlling their breathing and range of motion

Fitness Instructor

- Trained 25-45 participants per week by demonstrating proper use ofequipment, monitoring group fitness programs, and teaching correct exercise techniques to prevent injuries.
- Created an effective exercise plan based on each student's fitness status and needs.
- Managed 5-10 daily classes while performing various administrativeduties that included updating, modifying, or canceling membership accounts and processing payments.
- Recorded participants' progress over time and adapted each program based on their fitness level by substituting exercises or suggesting more advanced training options.



CONTACT

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EDUCATION

- **Yog Mantra from 2013 To 2015**
- **Premanand Yoga Institute 2017**
- **The Zymin Fitness From 2019 To 2020**
- **Ambika Yog Kutir.**



RELEVANT SKILLS

Concept of Pranav & Hymns
Vinyasa, Hatha
Time Management
Power Yoga
Weight Loss
Meditation, Power Yoga
21 Day Challenge
Meditation
Group Classes
Yogasana & Yogic Postures
Prananayam Knowledge
Teaching Skills Methos of
Teaching Yoga

