

## MRS.SANGITA RAVINDRA MAID

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### OBJECTIVE

To make people fitness oriented and committed to empower clients to enhance function, healing and to experience well being. integrating the ancient wisdom of yoga practice and philosophy with current health science of mind and body

### EXPERIENCE

#### Personal Yoga Trainer

2014 -

Fitness instructor

- Assist in recruitment, training of all fitness stuff.
- Ensure proper and smooth operation of equipments through periodic service check.
- All strength and cardio equipment and programmes.
- Providing proper diet according to the fitness plan

2019 -

Certified yoga instructor

- To teach various forms of yoga

(Basic yoga

multistyle yoga

Ashtanga yoga

Power yoga

Hatha yoga

Face yoga)

- To teach Aerobic dance exercises for fitness and weight loss.
- Effective Yoga for pain relives.

### EDUCATION

#### Pune University

B.Com

A

#### Government of India

Yoga instructor

A

### PROJECTS

#### Personal trainer

lets get fit and healed at your home too.

no need to hit gym everyday

### SKILLS

planned and instructed types of yoga asanas. types of meditations. aerobics. assist in emergency procedures when necessary planned and and variety of diet plans. Provide family yoga sessions too.