

YIC CERTIFIED YOGA INSTRUCTOR CUM THERAPIST WITH 4 YEARS OF EXPERIENCE.

Garima Sharma

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CAREER OBJECTIVE

My aim is to be a successful trainer in Yoga and contribute towards creating awareness among everyone about this old Indian tradition that helps in transforming body and mind and promoting well being of the society.

SKILLS

A Good Team leader and yogic counsellor

. I have participated in Inter college yoga competition, Punjab university n got II position led my team as a good team leader.

. I have good counselling skills that helps in strengthening the bond between me and my client.

EXPERIENCE

Jan-2017 - Till Today

Yoga Therapist cum Instructor

Freelancing

I have been taking Personal classes .
Total clients (45)

PROJECTS

Project Name: Diabetes Movement

Role: Yoga instructor for Diabetes Movement

Team Size: 50

Project Duration: 1 Day

I have attended one day Residential class as a part of the requirement of the Yoga Instructor for Diabetes Movement

EDUCATION

Degree/Course	Percentage/CGPA	Year of Passing
Bachelor in commerce Meerut university, UP	54% %	2011
Post Graduation Diploma in Yoga Therapy Government college of Yoga Education and Health , Punjab University, Chandigarh	81% %	2019
Masters in Science of Yoga Therapy Swami Vivekananda yoga Anusandhaan , SVYASA, Bangalore		Pursuing
Yoga Instructor Course Swami vivekananda yoga Anusandhan , SVYASA, Bangalore	85% %	2021

ACHIEVEMENTS

.III position in 34th
Chandigarh state yoga
sports championship.
.Certificate for Yoga
Instructor for Diabetes
Movement.
.Participation in 43rd
National yoga sports
championship.
.Participation in 23rd
INCOFYRA International
conference, SVYASA,
Bangalore.
.Participation in YANTRA
2020,International
Conference on Yoga and
Neurosciences.
.Participation in Yoga
Quiz 2020 in Yoga Mitra
Mandal, Ranchi affiliated
to Bihar School of Yoga.
.Three months Internship
in Yoga Therapy in
Rehabilitation Center,
SVYASA Bangalore.

AREAS OF INTERESTS

Yoga therapy for common Ailments and Instructor for fitness

HOBBIES

Reading books, doing yoga practice n google about science n spiritual contents

PERSONAL DETAILS

Address	Emaar, The view-Mohali hills, flat no. -G1-201, sector-105 near landran banur road, SAS Nagar Mohali, Punjab, 140306
Date of Birth	15/09/1988
Gender	Female
Nationality	Indian
Marital Status	Married
Languages Known	English n Hindi

REFERENCES

Google

DECLARATION

I solemnly declare that all the information furnished in this document is free of errors to the best of my knowledge.

A handwritten signature in black ink, appearing to read 'Garima', with a horizontal line drawn underneath it.

Garima Sharma