

CURRICULAM VITAE

SWETA TIWARI

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Sahibabad, Ghaziabad, U.P. -201005
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❖ **Summary:**

A motivated yoga instructor with advanced training in yoga. It is a pleasure to inspire others to improve their wellness and commitment to long-term goals in health and fitness. Ability to collaborate energetically and outgoingly.

❖ **Highlights:**

Leadership, Adaptability, Flexibility, Team Player, Fast Learner, Understanding Teacher, Ability to tailor programme to individuals, lifelong learner, works well with all levels.

❖ **Area of Expertise:**

Hath Yoga, Insight Yoga, Belt Yoga, Bikram Yoga, Pragma Yoga, Donda Yoga, Sculpt Yoga & Quantum Yoga.

❖ **Working Experience:**

- Company- Sarva Yoga Studio, Mumbai.

Duration- 05 Years (Still Working)

Responsibility- Senior Yoga/Fitness Instructor.

- Company- Mokshyana Yoga Studio, Noida.

Duration- 06 Month

Responsibility -Yoga/Fitness Instructor.

❖ **Summer Internship:**

From 14 Jan-2015 to 15 Feb-2015, I worked as a yoga teacher at various schools in Amethi (U.P.).

Educational Qualification:

- Master's degree from Dev Sanskriti Vishwavidyalaya, Haridwar (2013-2015) in Applied Yoga & Human Excellence
- Diploma in Modern Office Management and Secretarial Practice from Gov. Polytechnic, Uttarkashi (Uttarakhand) from 2010 to 2012.
- Bachelor of Arts from H.N.B.G University (2007-10)
- 12th Passed from Uttarakhand Board 2007
- 10th Passed from Uttarakhand Board 2005

❖ **Personnel Detail:**

Husband's Name: Ankit Sharma

DOB: 01.10.1990

Material Status: Married

Sex: Female

Language Known: Hindi, English

Nationality: Indian

Date.....

(Sweta Tiwari)

Place.....