RESUME

Name: Nisha Tarun Shanklesha

DOB: 26/01/1995

Address: 304, A Jinmati CHS, Jain Society, Kalyan west
8097606360

CAREER OBJECTIVE :

Skilled and certified yoga instructor with an ability to build effective relationships with students of all background and skill levels.

EDUCATION:

Class	University	year
Bachelor in Management Studies	Mumbai University	2016
Master's in Business Management (HR)	ITM University	2019
RYS 200 Hrs (Ashtanga Vinayasa)	Registered yoga school – Yoga Alliance	2021

ABOUT ME:

Passionate Yoga Instructor with over 3+ years of practicing in designing Yoga flow and vinyasa yoga . In May 2021 completed an RYS 200-Hour Yoga Teacher Training in Rishikesh and acquired an in-depth knowledge about postures, breathing techniques, and spiritual elements of yoga teaching .

SKILLS :

- **Physical Skills**: 100+ Asanas/Pranayama, Flexibilty, Astanga Vinayasa, Hatha Yoga
- **Instructional Skills**: Interpersonal Skills, PR Skills, Marketing Skills, Online Teaching
- **Yoga Knowledge**: In-depth knowledge of yoga asanas. However Continuing to learn new every day, Quick learner

EXPERIENCE :

YOGA ONLINE TEACHING (2022)

- Promoted holistic wellbeing through teaching and consultation.
- Designed yoga class sequences and integrated lesson plans, including vinyasa and flow formats for beginner and advanced students.
- Demonstrated postures to students and supported them in finding their right poses.
- Helped students develop their body and mind awareness, as well as physical strength.
- Mentored beginner trainees on their yoga path.
- Ensured safety and students comfort during the classes.
- Maintained positive relationships with students and immediately addressed any concerns.

HR JOB :

- In 2017 Hiring for Infovision HR Consultancy Services Pvt Ltd has HR Recruiter.
- In 2018 -2019 Hiring for Think people Solution has IT HR Executive.

PERSONAL DETA ILS :

Languagues Know : Marwari ,English ,Hindi and Marathi.

Hobbies : Dancing ,Singing.

DECLARATION :

I do hereby declare that the above information is true to the best of my knowledge .