

GARIMA MADAN

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Experienced and passionate yoga instructor with over 4 years of experience with knowledge of asana, pranayama, bandha, mindfulness and meditation along with basic knowledge of human body.

EXPERIENCE

29/12/2021 – 31/08/2022

FIELD YOGA INSTRUCTOR, DPSRU

I have worked as a field yoga instructor under the “Dilli Ki Yogshala” initiative by Delhi Government and managed group classes with 20-30 people.

2019 – Present

FREELANCE YOGA INSTRUCTOR,

I have been working as a freelancer as well and have provided one on one yoga sessions online and offline as a personal trainer and with fitness studios. I have helped women with PCOS and thyroid manage their symptoms better with the help of yogic techniques like asana, pranayama, mindfulness, meditation, Om chanting, etc.

2021 – Present

FREELANCE ZUMBA INSTRUCTOR,

As a licensed Zumba™ instructor I have taken group sessions in various fitness centres and dance studios.

EDUCATION

2024

M.A. IN YOGIC SCIENCE (STILL PURSUING)

2022

DIPLOMA IN MEDITATION AND YOGA SCIENCES, DPSRU 74%

2015

B.COM, SOL, DELHI UNIVERSITY 56%

2010

12TH, CBSE 74%

SKILLS

- Provide modifications and variations to accommodate individual needs and injuries
- Encourage and support students in their personal yoga practice, and offer guidance and feedback to help them progress
- In-depth knowledge of yoga philosophy, anatomy, and asana practice
- Strong communication and interpersonal skills, and ability to connect with students of all ages and backgrounds