



Bengaluru, India  
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## Vijayalakshmi S, Yoga Instructor / Therapist

Experienced and passionate Yoga Instructor with over 3 years of teaching experience and advanced training in various yoga approaches. Through individual and group sessions I am committed to providing extensive instruction and counseling to my clients, while motivating them to find true inner peace and their healthiest self. Adept in creating powerful individually tailored teaching plans that aim to support and benefit each and every student. Bringing forth a love and respect for the art of yoga, and all that it encompasses for both body and soul.

### Employment History

#### **Yoga Instructor. at Independent Entrepreneur, Bengaluru**

July 2020 — Present

- Masters in Yoga therapy from S-Vyasa : <https://svyasa.edu.in/>
- Entrepreneur teaching yoga both virtually and physically at studios
- Conducted yoga therapy for corporate programmes
- Conducted beginner and intermediate Yoga classes for members.
- Instructed Yoga practices to 300+ tailors virtually for madura-coats program-This is a non profit initiative to introduce yoga to members of this industry.
- Attended training workshops to ensure my teachings were on trend with the latest and most up to date fitness findings.

#### **TV News Reader. at Multiple Channels, Chennai**

March 2002 — January 2020

- TV news anchor for six TV channels based out of Chennai
- Primary channel was for Jaya TV and Podigai TV
- Also served as secondary news reader at Doordarshan channel

#### **Radio Announcer. at All India Radio, Chennai**

March 2004 — July 2014

Presented news and comments about salient events.

### Education

#### **Masters in Yoga therapy from S-Vyasa , <https://svyasa.edu.in/>, Bengaluru**

March 2020 — June 2022

#### **Teachers Training Diploma, SBT , Salem**

March 1990 — March 1992

Skills

**Advanced Yoga Abilities and Techniques**  
**Effective Lesson Planning**  
**Knowledge of Nutrition and Food Science**

**Strong Interpersonal Communication Skills**  
**Knowledge of Anatomy**

Languages

**English**  
**Telugu**

**Tamil**  
**Kannada**

References

**References available upon request**

