



PROFILE

Passionate 47 year old a compassionate yoga Instructor with yoga knowledge and training in Aasna alignment , Pranayam Techniques, Meditation Techniques , Mudras, Yogic Therapy and weight loss /Gain program. Enjoys working with wide range of students, especially motivating those who are older, have restrictive mobility, facing challenges of lifestyle disease and new to yoga, . I had six months experience of curing students with different ailments like,- migraine, lethargy, arthritis.

CONTACT

PHONE:
9868884095

EMAIL:
Yogaseyogdaily@gmail.com
Insahandle :
<https://www.instagram.com/yogaseyog>

PUSHPANJALI BINDAL

Yoga instructor

EDUCATION

AVIYOG -YOGA INSTITUTE

200 Hrs. Yoga Teacher Training Course from 12 Dec'2022 to 11 Feb'2023 which includes Aasna alignment , pranayama techniques, Meditation Techniques, Mudra, Yogic Therapy for Diabetes, Obesity, Arthritis, Diabetes, Weight loss, PCOD/PCOS, Knee Pain, High BP/Hypertension,Thyroid, Bscache, Constipation, Asthma

Six month Certification in AshtangYoga from Bhartiya Vidya Bhawan, Delhi , (Feb 2024 to August 2024) including various cleansing techniques likesKapalbhati, Vaat Karma, Vyut Karma, Trataks, Laghu Shankhprakashan, Kunjal Kriya along with Pawan mukt aasan series of numerous Warmup Exercises. (Certificate is not received and will be provided on receipt.)

Pursuing :

One year Diploma from Bhartiya Vidya Bhawan , Delhi
Restorative yoga Course , Udemy.

WORK EXPERIENCE AND ACTIVITIES

I had organised special weekly online session on YOGA for Beginners , development of healthy lifestyle , shifting to progressive mindset and techniques to learn advance yoga postures, Importance of warmup exercises and pranayama along with guided meditations. I also conduct online regular yoga therapeutic class

Developed you tube vedio on:

Rehabilitation for ankle and knee : www.youtube.com/knee pain and its remedy: flat foot

https://youtu.be/R12k_Tf3kw?si=HxuWTLZqFqbZYwEP

Leg Strengthening - www.youtube.com/LegStrengthening

<https://youtu.be/zd3KzJklcuE?si=Xv7R3l6EchCbLnO0>

Gut health - www.youtube.com/GutHealth-Sufferingfromanydigestion/stomachissues

https://youtu.be/mrD9FNkBO_Q?si=GpmSd7AEG2JWC3vg

SKILLS

Hard Skills :

Ashtang yoga
Thearupatic Yoga
Meditation
Breath Work
Cleansing techniques
Yoga with various props
Billungal in English and Hindi

Soft Skills

Communication
Problem Solving
Creative
Time management
Organisation
Expertise in offering modifications.
Adaptability

CERTIFICATES 😊: